

Your 4-Week Plan to Running Faster P36

**MALAYSIAN
EDITION** **RM10**

MALAYSIA
NOVEMBER 2015

100% USEFUL!

Men's Health

MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

www.mens-health.com.my

FIGHT FAT & WIN!

SEE RESULTS IN 30 DAYS! P66

BUILD BIG ARMS

ADD INCHES TO YOUR BICEPS
IN JUST 3 MOVES!

P68

BOOST YOUR ENERGY

P38

IS YOUR HEALTHY FOOD OBSESSION— HEALTHY?

P86

HOT SEX TONIGHT GUARANTEED!

P60

STYLE UPDATES

LOOK GOOD
WORKING OUT

P98

5

POWER PROTEIN SNACKS

P58

MH GUY
Junior
Eldstål

*On being the best
man on and off
the pitch* P72

ISSN 1675-6932

RM10



9 771675 693002

11



ELIAS SILVERIO
MMA FIGHTER

**IT'S HOW
YOU START.**

ARMOUR

- ⊕ **UA COMPRESSION** is built to keep your muscles fresh and your game tight.
- ⊕ **HEATGEAR® FABRIC** wicks sweat to keep you cool, dry & light.
- ⊕ **4-WAY STRETCH** technology keeps you comfortable & free to move.
- ⊕ **FLATLOCK SEAMS** are virtually undetectable against your skin.



UNDER ARMOUR.

AND HOW
YOU FINISH.

EARN
YOUR
ARMOUR.™

ARMOUR® BASELAYER IS THE SLEEK, COMFORTABLE,
MOISTURE-WICKING "SECOND SKIN" THAT MAKES
ALL ATHLETES BETTER.

I WILL.™

Malaysia

• SURIA KLCC • MID VALLEY MEGAMALL
• PAVILION KL • SUNWAY PYRAMID

Singapore

• ORCHARD GATEWAY • 16 COLLYER QUAY
• TAMPINES ONE • TAKASHIMAYA SPORTS LEVEL
• ROBINSONS THE HEEREN LEVEL 4

UA.COM UnderArmourSEA UnderArmourMY

SOLE DISTRIBUTOR:

TRIPLE

The fitness worlds global tour

If you love working out in a group
then ONE LIVE is the ultimate.
Dont miss out!

21 November 2015
KWC StarXpo Centre

Tickets on sale now
lesmills.com/world/onelive



Reebok 
LES MILLS


ONELIVE

KUALA LUMPUR



Sponsors :



 facebook.com/LesMillsAsiaPacific

 facebook.com/ReebokMalaysia

COVER STORIES

11.15

36

SPEED UP

Your four-week plan to running faster

38

BOOST YOUR ENERGY

Tap into the power of B vitamins

58

5 PROTEIN-RICH SNACKS

Make your own muscle-building jerky at home

60

HOT SEX TONIGHT

Be bad – and feel really good

66

FIGHT FAT AND WIN

Exclusive workout plan of MMA fighter Gianni Subba

68

BUILD BIG ARMS

Three moves you need for massive guns

72

LOOK BETTER THAN EVER!

Adopt the footballer's tactics on and off the field

86

ARE YOU AN ORTHOREXIC?

Healthy eating is recommended – but not when you get obsessed with it



Men's Health



VICTORINOX
SWISS ARMY



I.N.O.X.

[FORGED TO RESIST]

The I.N.O.X. has no limitations beyond those we impose on it. Versatile styling makes it the ideal companion for each and every moment in life. Three hands and a date display: its utter simplicity points to its sheer complexity, striking the perfect balance. Sturdy without being clunky, its timelessness defies any programmed obsolescence. Here, obsessive perfection is aligned with record-breaking performance. I.N.O.X.'s instant success has already confirmed it as a watch with all the characteristics of a future icon.

Its perfection is the result of innumerable aesthetic and technical details combined. I.N.O.X. perfectly embodies the challenge that Victorinox Swiss Army set itself to find technical solutions to 130 different constraints. The watch withstood all 130 resistance tests successfully. Our engineers have calibrated every detail of this watch to the nearest micron, and the result is a high-quality, functional and timeless product. This year, after 2 years of research and development, we launched a stainless steel bracelet that is just as outstanding as the case, and just as able to withstand the same 130 tests.

Ingenuous construction and very carefully considered aesthetics give this bracelet its distinctive quality and functionality. Up to 500,000 vibration cycles won't damage it—that's 10 times more than a standard bracelet can withstand. It also features mechanical tolerance to a 10-meter fall on a concrete surface and to a constant hydraulic pressure of 8 tons, which we illustrated by driving a 64-ton tank over it! The styling of the bezel is echoed by the beveled and polished intersections of the scratch-resistant brushed-steel H-links of the bracelet, which add to its sturdiness and give the watch a sporty look. Using internally mastered industrial processes, Victorinox has also developed a clasp to complete this surprisingly affordable top-of-the-range bracelet. The versatile, multi-functional ethos of Victorinox is also expressed by the bumper delivered with each watch.

Perfectly in tune with the fundamental attributes of Victorinox style—resistance, timelessness, reliability, versatility and functionality—the I.N.O.X. Steel fulfils the primary objective of design: a high-quality object that's affordable, appeals to as many people as possible, and useful in every circumstance. As the epitome of design, it pushes back boundaries and sets new standards.



11.15

MORE USEFUL STUFF!

HEALTH

16

THE SWELLING EFFECT

Remedy inflammation with protective foods

24

STOP THE SNEEZING

Destroy dust mites in blankets with hot water

FOOD

20

WINNING COLOURS

Go for red and purple produce to help shed pounds

54

GOT HEMP?

Here's the deal on nondairy milks

FITNESS

22

CHILL OUT OR BREAK DOWN

Focus on positive thoughts to prevent sports injury

MIND

64

TAKE A BREAK

Get the upper hand over stress. Barrio Highlands is where you need to go

94

REVENGE

Make payback work for you. Or else

WOMEN & SEX

26

GO TO BED EARLIER

Women who sleep longer are more easily aroused. Need we say more?

32

TEXTING ISSUE

So she expects you to reply her text immediately? This is what you should do

STYLE

98

BEST OF BOTH WORLDS

How to master the fashion and sports look

104

GET SPORTY

A guide to finding a watch that matches your active lifestyle

ON THE COVER
JUNIOR ELDSTÅL
PHOTOGRAPH
DELVIN XIAN/
IMAGEROM
ART DIRECTION
ANIS TAUFIK
GROOMING
JOEY YAP
(MAKE-UP) AND
ANGELINE LOW
(HAIR)



The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A doctor can best guide you.

WE'VE GOT COMFORT DOWN TO A SCIENCE.

Skechers Memory™ Form Fit

The Skechers Memory™ Form Fit in the heel and vamp in the upper, creates a dynamic fit that hugs your foot, providing unrivaled comfort.

Goga Mat™ Technology

The ultimate cushioned insole delivers high-rebound responsive feedback.

Skechers Performance FitKnit™ Upper

We designed Skechers Performance FitKnit™, an upper that's ultra-lightweight and breathable, for a second-skin fit and feel.

Go Pillars™

Our high rebound Go Pillars™ technology reacts to your every step, for the ultimate in comfort.

SKECHERS
GO WALK
3

The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat™ Technology. Adaptive Go Pillars™ underfoot create the softest ride you could ever imagine.

INNOVATION NEVER FELT THIS GOOD.™

SKECHERS
PERFORMANCE

Men's Health

Mongoose Publishing Sdn Bhd (580051-K)

Level 36, Menara Ambank
8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur, Malaysia
www.mens-health.com.my

All Enquiries

Tel 03 2166 6650 Fax 03 2166 6651

Editorial editor@mens-health.com.my

Editor John Ng

Features Editor Anis Taufik

Staff Photographer Hizwan bin Hamid

Contributing Writers Ivan Cheong, Vivian Chong, Qhalis Najmi

Contributing Sub-editor Nick Choo

Contributing Photographers and Stylists Cody Chua, Maria Ehrlich, Damien Khoo, Angelina Low, Fabiana Vardaro, Lukasz Wolejko-Wolejszo, Marcus Wong, Delvin Xian, Joey Yap, Poh Li Yeoh, Hal Yip

Art production@mongooseasia.com

Associate Art Director Elynn Hah

Production Executive Nor Faridah Mustafa

Website www.mens-health.com.my

Group Digital Editor Lim Chee Wah

Web Editorial Assistant June See

Web Manager Elana Chee Mei Ling

Digital Marketing Manager Averell Leiking

Web Developer Wan Nadzirah Bt. Zulkhefli

Web Designer Amir Shahrir Bin Amiruddin

Senior Web Designer Vincent Chua

Marketing & Communications marketing@mongooseasia.com

Head of Marketing & Comms. Thanabalasingam Balakrishnan

Marketing Executive Kyren Thomas

Events events@mongooseasia.com

Head of Events Amee Halim-Illiya

Assistant Manager, Events Alyssa Nazaleq

Advertising advertising@mens-health.com.my

Account Director Abill Zackry

Senior Account Executive Alford Tan

Senior Account Executive Rose Marie Bague

Operations accounts@mongooseasia.com

Head Of Operations Carmy Yee

Senior Accounts Executive Zuraiha Zahid

Junior Accounts Executive Siti Fazillah Yunus

Accounts Assistant Norshakila Abdullah

HR Manager Badrulzaman Satibi

Circulation Manager Ignatius JC Edwin

Circulation Executive Mohd Sukri

Circulation Assistant Mohd Khairie Abdul Karim, Alya Samsudin

Dispatch Muhammad Fitri Badrul Sham, Mohd Khairil Hafizie Mohd Zamzam

Management www.mongooseasia.com

Group CEO Graham Paling

COO Mark Harvey

Chief Content Officer Matthew Bellotti

Editorial Director Lynette Ow

Group Business Development Patrick Brennan

Intl. Business Development Director Richard Beatty

Executive Publisher Intan Shafinas Bte Meor Zailan

Production

BHS Book Printing Sdn. Bhd.

Lot 17-22 & 17-23, Jalan Satu,
Bersatu Industrial Park, Cheras Jaya, Balakong
43200 Selangor Darul Ehsan, Malaysia

This magazine is published by Mongoose Publishing Sdn Bhd (580051-K) under license from Rodale Inc, publisher of Men's Health in the United States. All rights reserved. Title and trademark Men's Health® Rodale Inc. The views expressed in the articles, features and listings are not necessarily those of Mongoose Publishing Sdn Bhd (580051-K) or Rodale Inc. While every reasonable care is taken in compiling the magazine, the publisher shall not be held responsible for any omission, error, or inaccuracy. Please notify the publisher in writing of any such omission, error or inaccuracy. Editorial contributions are welcome but unsolicited materials are submitted at the sender's risk. The publisher cannot accept any responsibility for loss or damage. No part of this publication can be reproduced in any form without the publisher's permission in writing.

KDN PP18535/01/2014(033768)



RODALE INTERNATIONAL

SVP, International, Business Development & Partnerships
Robert Novick

Director Content, Rights and Photography Operations, Editorial Director of Rodale International
John Ville

Editorial Director, Women's Health and Men's Health International
Laura Ongaro

Deputy Editorial Director, Runner's World, Bicycling, Prevention and Int'l Branded Books
Veronika Taylor

Senior Content Manager
Karl Rozemeyer

Associate Editor
Samantha Quisgard

Executive Director, Business Development and Global Licensing
Kevin LaBonge

Coordinator
Elizabeth McDarby

Director, Business Development and Global Licensing
Angela Kim

Director, Global Marketing
Tara Swansen

International Finance Manager
Michele Mausser

International Business Development Coordinator
Burcu Acarlar



GLOBAL EDITIONS/EDITORS-IN-CHIEF

AUSTRALIA Bruce Ritchie	INDONESIA Nino Sujudi	SERBIA AND MONTENEGRO Ivan Radojeic	LATIN AMERICA Francisco Cuevas
BRAZIL Sergio Xavier	ITALY Enrico Barbieri	SINGAPORE Kelvin Tan	ARGENTINA
BULGARIA Vladimir Konstantinov	KAZAKHSTAN Asset Abdirov	SOUTH AFRICA Jason Brown	EL SALVADOR
CHINA Zhou Song	NETHERLANDS Jan Peter Jansen	SPAIN Jordi Martinez	GUATEMALA
CROATIA Robert Frkovic	PHILIPPINES Allan Madrilajos	THAILAND Chatchawin Unhanun	ARUBA
FRANCE Patrick Guerin	POLAND Krzysztof Komar	TURKEY Fatih Büyükbayrak	CHILE
GERMANY Markus Stenglein	PORTUGAL Pedro Lucas	UKRAINE Dmitry Pribytko	COLOMBIA
GREECE Georgakakos	REPUBLIC OF KOREA Seung Kwan Paik	UNITED KINGDOM Toby Wiseman	MEXICO
HUNGARY Máté Pásztor	ROMANIA Mihai Ghiduc	UNITED STATES Bill Phillips	COSTA RICA
INDIA Aroon Purie	RUSSIA Kirill Vishnepolsky		NICARAGUA
			PANAMA
			PERU
			VENEZUELA

MEN'S HEALTH MALAYSIA BOARD OF ADVISERS

HONG YA CHEE

Chief Nutritionist, iLife Nutrition

JERRICAN TAN

CSCS, ACE, Director,
Fitness Innovations Malaysia (FITM)

DR JAMEELA SATHAR

MD, MRCP, Senior Consultant
Haematologist, Ampang Hospital

DR MOHD HUSNI ADMAD

MBBS (Mal), M.S. ORL,
Head and Neck Consultant,
Gleneagles Hospital

DR GEORGE LEE

MA MB BChir FRCS (Urol), Clinical
Associate Professor at Monash
University, Sunway Campus

DR IRENE LEE CHEW KEK

Consultant Dermatologist
Pantai Hospital Cheras

THOMAS LING

Certified Sommelier, UK,
Certified Specialist of Wine and Spirits,
US, Certified Sake Professional –Sake
Education Council, Japan

DR HARJEET SINGH

MBBS (India), MS Ortho (UKM), MRCS
(Edinburgh), Consultant Orthopaedic
and Sports Injury Specialist, Columbia
Asia Hospital

YEOH EE LING

Dietitian, ACE Personal Trainer
Fitness Innovations Malaysia (FITM)

A/P DR CHRISTOPHER HO CHEE KONG

MD, MS, MRCSed, MBU (Cert),
MFSTEd, AM, FICS (USA), FRCS (Urol)
(Glasg), FECSM, FRCSEd
Consultant Urologist & Sexual Medicine
Physician, Dept of Surgery,
Universiti Kebangsaan Malaysia
Medical Centre

DR YAP YEE GUAN

BMedSci (Nottm), MBBS
(Nottm), MD (Lond), CCT (UK)
(Cardiology & Int Medicine),
Eur Cardiol (Europe), Consultant
Interventional Cardiologist,
Prince Court Medical Centre

DR MARTHA LEE

DHS (US), Clinical Sexologist,
Eros Coaching

DR EUGENE WONG

MBBS, MS Ortho (Mal) Dip SurgAnat
(Melb) AM (Mal), Adult and Pediatric
Spine and Orthopaedic Surgeon,
Pantai Hospital

DR SAM HUNTER

Mtech Chiro (RSA),
Consultant Chiropractor,
Clinic Director, TAGS, Spine
and Joint Specialist Clinics,
Ampang and Penang

lifemoves



THE BODY SHOE



BioBevel®



FlexibleGroove



FROM THE EDITOR



Upping the game

Let me take this opportunity to announce, with a heavy heart, that here ends my role as the editor of *Men's Health Malaysia*. I'm thrilled with the umpteen accomplishments we have achieved since Mongoose Publishing took the brand under its wing a little less than two years ago. From fitness to fashion and health to wealth, *MH* is now much more multifaceted as it should be.

And this issue is no different. This month, our cover guy and the gifted Johor Darul Ta'zim FC footballer Junior Eldstål shares with features editor Anis Taufik how he makes sure he is always at the top of his game. Moreover, the man candidly lists down for us the qualities he believes make a true gentleman. Read all about it on **p72**.

There are plenty of exercise programmes to take away too. Steal the moves from ONE Championship fighter Gianni Subba to gain lean muscle mass and increase strength through his personalised circuit training workout on **p66**, and stretch out your shirtsleeves by learning a complete new way to explore your guns on **p68**.

Of course, the issue is not complete without a

discussion on relationship and sex. On **pp60** and **80**, you won't just find *au fait* advice on building a more perfect union with your girl, but also heating things up in the bedroom! And you'll want that. Why? Well, your health and wealth depends on them!

Have you reached Peak Diet? on **p86** is an article that you are bound to find pertinent, especially in this era of healthy eating that we live in. Do you have an unhealthy obsession with healthy food? If you're nodding affirmatively, stick around to read how your effort to take better care of your body might be making you ill.

Last but by no means least, you'll appreciate the style tips on **pp98** and **104** compiled to guarantee that you build a solid armoury of attire that keeps you looking immaculate at all times.

Enjoy the issue – and see you around!

John Ng
Editor



Men's Health Malaysia



@menshealthmy



@menshealthmalaysia

FAT BUSTER

448kHz

FAT BURNING TECHNOLOGY

Lose the fat and get a toned body with the revolutionary fat-busting treatment that's got fitness gurus talking. Using highly advanced technology that propagates radio waves on your body, the treatment burns and gets rid of excess fat.

INDIBA®

BODY SYSTEM

- The **ONLY** solution that reduces visceral fat
- Boosts collagen and health of cells
- Visible results in just 1 session
- Non-invasive
- Clinically proven and safe

Introductory
Offer: **RM**

199 only

Experience the
difference in
1 session

1-800-22-7333

• Promotion is applicable for first trial only. • Price inclusive of 6% GST. • Individual results may vary. • Terms & conditions apply.



Join us now at Men's Skin Centres Malaysia

Bangsar Village II **03-2287 2966** | The Intermark, KL **03-2163 4188** | Mid Valley **03-2284 6088** | Damansara Utama **03-7725 4688**
Subang **03-8023 0012** | Penang **04-228 7862** | Ipoh **05-547 0032** | Kuching **082-578 853**

HONG KONG | SINGAPORE | MALAYSIA | INDONESIA | BRUNEI

Goods and services provided by Bella Skin Care Sdn Bhd (Company No.1093877K) have been transferred from Svenson Hair Center Sdn Bhd, Company No.195211P. "BELLA" is a trademark owned by Cosmetic Care Asia Limited. Bella Skin Care Sdn Bhd, Svenson Hair Center Sdn Bhd, and Cosmetic Care Asia Limited are members of the Global Beauty International group of companies.

Could I contract Lyme disease and not know it?

— ANDREW

Sure, if you're among the 20% who don't develop a bull's-eye rash, fatigue, fever, chills, or joint aches. These are the trademark symptoms most people suffer within a week or so of being bitten by a black-legged deer tick, says Dr Alan Barbour, a professor of medicine and microbiology at UC Irvine. These critters often carry the *Borrelia burgdorferi* bacteria, which cause an infection that, if left untreated, can lead to numbness or pain in a limb, trouble concentrating, and even facial paralysis. So check yourself if you've been out in long grass or beneath trees. Found a tick? Carefully remove it with tweezers and use the Lyme Disease Tick Map app (free, iOS) to find out the species and how long it's been feeding on you. If you're concerned, a blood test can tell whether you've been infected.

FIT AND STRONG

Get healthy, stay healthy
with NUTRILITE™

High-quality proteins that contain all of the essential amino acids you need are crucial for optimal bones, muscles, cartilage, skin and blood health. If you don't get enough of these important macronutrients, chances are you may experience lethargy, muscle atrophy and a weakened immunity system.

To help you meet your daily protein requirements, AMWAY™ introduced NUTRILITE All Plant Protein Powder, which unlocks the power of the goodness of nature. The unique tri-blend of soy, wheat and pea provides the right combination of proteins and amino acids to keep you feeling healthy and energetic, without the side effects associated with animal or dairy products.

Available in mixed berries, green tea and chocolate flavours, NUTRILITE All Plant Protein Powder is vegetarian-friendly, low in fat, cholesterol-free and lactose-free.



NUTRILITE All Plant Protein Powder



Besides protein, it's also important to take vitamins, minerals and plant concentrates to prevent deficiencies. And this is where DOUBLE X comes in – the dietary supplement formulated to meet all your nutritional needs. Enriched with 12 essential vitamins, nine essential minerals and 17 phytonutrient-rich plant concentrates, it provides energy for your daily needs, strengthens your body's natural defences against germs and other nasty invaders, and keeps you healthy at every stage of your life.

For more info, visit www.amway.my or call 03-7946 2800

 facebook.com/NutriliteMalaysia

 **NUTRILITE®**

Exclusively from **Amway**



I sometimes get painful blisters during long runs. What's the best way to speed up the healing process?

—ERIC

DIY surgery, stat! Draining a blister by puncturing it with a needle is still the best and fastest way to help it heal, says Dr Robert Eckles, dean of clinical studies at the New York College of Podiatric Medicine. But before you prick yourself, make sure it's not a blood blister. If you see red, or if you have diabetes (which can delay wound healing), let your doctor handle the operation. All clear? Douse a cotton ball with 70% isopropyl alcohol and swab the irritated area. Then use more isopropyl alcohol to disinfect a sewing needle. (Don't put needle point to flame. Carbon particles could cause further infection or even tattoo you.) Now puncture the bubble and gently drain the blister into the cotton ball, leaving the excess skin there to protect the underlying tissue, says Dr Eckles. During the day, cover the wound with a nonstick bandage; at night, remove the bandage so the area can dry out. To avoid blisters on your next run, reduce moisture and friction by wearing two pairs of thin running socks made of synthetic fibres – cotton isn't as effective at wicking away moisture.

Does performing moves like biceps curls and pushups on this pulsing machine can help improve your speed and strength?

—JAMES

How badly do you want to shake up your current workout routine? Because standing on one of these vibrating contraptions will feel like trying to exercise during a mini-earthquake: you hang on to the handrail as the base oscillates, forcing your body to work harder to maintain its balance, explains *MH* US training adviser David Jack. "The platform's power may seem subtle at first, but it moves at 20 to 50 oscillations per second. That means your muscles are firing at a much faster rate," he says. "Normally they fire only about twice a second."

The benefits? In a *Journal of Strength and Conditioning Research* study, people who stood on a platform vibrating at 50 hertz performed 22% more reps of an upper-body exercise, and completed the reps at a faster rate, than people who didn't use the vibration feature. But be warned: beginners are lucky if they can simply stand there for 30 seconds without tiring. Only after you've built some basic stabilizing strength will you be ready to adjust the settings and move on to squats, planks, and pushups. And hands off if you've had a recent concussion or back or knee injury, says Jack. The oscillations can cause vertigo and may overexert strained muscles.



My son was vaccinated against measles, but one of his friends wasn't. Could my kid still get sick?

—KYLE

Cancel the playdate. The vaccine is 99% effective in people who've had two doses, but that still leaves your son with a 1% chance of catching measles, says Dr Matthew Kronman, a pediatric infectious disease specialist at Seattle Children's Hospital. There were 117 measles cases linked to the Disneyland outbreak in the US earlier this year, and from what we currently know, at least 12% of the people who contracted the infection had been vaccinated. Sure, your own kid getting sick might be a long shot, but why risk it? Now for our obligatory reminder that yes, the shots are safe: a 2015 study published in *JAMA* found no connection between the MMR vaccine and the onset of autism, even among those kids considered at high risk for developing the disorder.



I know inflammation is bad. But is the anti-inflammatory diet any good?

—IAN

It's a trend now, so it goes by many names – the Mediterranean diet and the Blue Zones diet are just two. The idea is to steer clear of foods containing added sugars and trans fats, two inflammation inducers that can bring on spikes in blood sugar and triglycerides. The resulting increase in free radicals can damage your DNA and blood vessels, says Dr James O'Keefe, head of preventive cardiology at St. Luke's Mid America Heart Institute in Kansas City, Missouri. In addition to making you feel tired and achy, free radicals can raise your risk of heart disease, osteoporosis, diabetes, and dementia. But just as important is what the diet says you *should* eat: foods that contain protective phytonutrients and disease-fighting antioxidants. Think fresh fruits and vegetables, extra-virgin olive oil, nuts, and even red wine. In a 2015 *Nutrition Journal* study, men with high blood concentrations of Hs-CRP, an inflammation marker, saw a 27% reduction after following this approach for four weeks.

PHOTOGRAPH BY ISTOCKPHOTO

#FEETFIRST PEOPLEFOOTWEAR.COM



FIND YOUR SOLE MATE

People
FOOTWEAR™

Available at: **BRATPACK** - ! Utama / Bangsar Village 2 / Great Eastern Mall / Gurney Plaza / IOI City Mall / Komtar JB / Publika / Atria / Sunway Putra / Sunway Pyramid



TLC Festival 2015

22 NOV, 2 - 9PM
SETIA CITY PARK, SETIA ALAM



**THE FABULOUS
BAKER BROTHERS**



JANET HSIEH



ERWAN HEUSSAFF



JOJO STRUYS

**COME AND MEET SOME OF YOUR FAVOURITE TLC PERSONALITIES
AND JOIN US FOR A DAY OF FOOD AND FUN!**

EVERYONE NEEDS A LITTLE TLC

ADMISSION IS FREE

IN PARTNERSHIP WITH:

astro

MAIN SPONSOR:

watsons

BEVERAGE PARTNER:

Tropicana

SPONSOR:

KHIND
Delivering Happiness

MEDIA PARTNERS:

TimeOut
Kuala Lumpur

Men'sHealth

Women'sHealth

PARTNERS:

Builder of Distinction
Setia
S P Setia BHD GROUP

Touch n GO

#TLCFESTIVALMY

WWW.TLCFESTIVAL.COM

 **TLCSEA**

TAKE A HIKE, TEMPTATION

Want to kill a craving? Run it over. **Moving your feet can help you resist the lure of sugary foods**, an Austrian study suggests. When stressed-out people hopped on a treadmill for 15 minutes, their desire for sweet, high-calorie snacks fell by 23%, while those who stayed put saw no change. Stress-busting exercise may reduce your subconscious need for that short-lived sugar boost, says study author Dr Martin Kopp. A brisk walk around the office could also do the trick.

CRAVING
CRUSHER

Slow Down to Slim Down

You don't need heavy exertion to cut your gut: **low-intensity exercise can deflate your spare tire just as effectively as high-intensity exercise can**, suggests new research published in *Annals of Internal Medicine*. After six months of treadmill training, the study participants had the same success – 1¾ inches less belly – whether they burned 600 calories the harder way (in 40 minutes) or the easier way (in 60 minutes). “When it comes to abdominal obesity, intensity makes no difference,” says study author Dr Robert Ross. The “easy” group walked or jogged at 50% of their VO₂ max five days a week.



LOSING STRATEGY

EAT FOUR MEALS A DAY

Pack a second light lunch for work and eat it before you head home for dinner.

Why It Works A light meal – like cheese and fruit – can help you cut calories at dinner. Researchers in Spain found that people who ate *merienda*, a small meal between lunch and dinner, were 36% less likely to have abdominal obesity than those who didn't partake of the extra repast.

RED LOOKS GOOD ON YOU

Here's a winning color combo: **eating red and purple produce may help you shed pounds**, say scientists in Iran. Men who piled their plates with foods like watermelon, red onion, red grapes, and tomatoes put on less weight and had smaller waists than those who ate more green, yellow, orange, and white produce. The variety of nutrients found in red and purple foods – lycopene, potassium, and carotenoids – may be key to keeping the pounds off for good, the researchers say.



The Loser Letdown

Could you drop 35% of your body weight in five months? The 2010–2012 *Biggest Loser* contestants did. Yet research from the University of Wisconsin at Milwaukee found that the TV show was impractical, focusing mostly on exercise and too little on diet. Worse, people often regained all their weight after the show ended.

Portion of episode devoted to weight-loss strategy



Average weight loss from start to finish



13

Number of pounds men lost when their doctor told them they had to lose weight

Source: *Economics & Human Biology*

The cellular level breakthrough hair loss solution.



Introducing Svenson's new Vital Energy HairGro System with Proionic technology.

Stopping hair loss is just half the battle. The next stage is how do you regrow your hair? Svenson's new Vital Energy HairGro System is the answer. It offers a complete solution to hair loss using the proprietary Proionic technology that rebalances the energy within cells to strengthen hair follicles to stop hair loss, regenerate healthy new cells and improve the hair's natural growth process. You'll be able to regain back your thick and healthy hair in no time.

VITAL ENERGY
HairGro

2 sessions for
RM **477** only
(NP: RM848)

Join us now at Svenson Haircare Malaysia

1-800-22-8333

COMPLETE CARE CENTRES:
 ▶ Subang USJ 03-8024 2288 ▶ Kuala Lumpur 03-2142 9357 ▶ Mid Valley 03-2282 7117 ▶ Petaling Jaya 03-7660 8838 ▶ Penang 04-226 7988 ▶ Johor Bahru 07-333 4641
 ▶ Klang 03-3326 2266 ▶ Ipoh 05-548 2267 ▶ Kota Kinabalu 088-485 315

Svenson Hair Care products are now available for sale online. Visit www.svensonhair.com.my for our complete catalogue.



Svenson provides AddHair Technology, a hair-weaving technique. • 12 Months Interest-free Installment Plan available now with selected major credit cards. • Price stated above is inclusive of 6% GST. • Promotion valid for first trial only. • *Terms and conditions apply.

Established in London in 1956. A member of Global Beauty International Limited Group. Svenson Hair Center Sdn. Bhd. Company No. 195211P.
 BRUNEI HONG KONG INDONESIA MACAU MALAYSIA SINGAPORE THAILAND

Svenson[®]
YOUR HAIR CARE EXPERT
A member of Global Beauty International

Run Like the Wing

Attackers net the glory in soccer, but they don't do the most work, a Norwegian study reveals. Researchers tracked how far and fast pros move and found that **wing midfielders cover the most ground, jogging, running, and sprinting 12km per game.** David Tenney, a Seattle Sounders FC trainer, says this mix is good for your cardio workouts too. Try his plan: on day one, jog for 40 minutes. On day two, run fast 3 minutes and rest 3 minutes; repeat 5 times. On day three, alternate sprinting and resting for 15 seconds each; do this 8 times. Rest 3 minutes and repeat 3 times.

What's Their MPG (Km per Game)?

	Central Defender	Fullback	Central Mid	Wing Mid	Attacker
WALK/JOG	8.2	8.2	8.9	8.7	8.2
RUN	1.4	2.7	2.4	2.9	2.1
SPRINT	0.2	0.3	0.2	0.3	0.2
Total	9.8	11.2	11.5	11.9	10.5

Source: Journal of Strength and Conditioning Research



Cardio



WHEN STRESS GETS PHYSICAL

Chill out or break down: **life stress raises your risk of sports injury**, a University of Missouri study reveals. College football players were twice as likely to sustain an injury when they were under academic pressure. "Your body can take only so much stress, whether it's from work, exercise, or anything else," says study author Dr Bryan Mann. His advice: spend 10 minutes a day focusing on your breath and a single positive thought.

BURN NOTICE



ROW AWAY YOUR GUT

Men burned about 45% more fat on a rowing machine than on an exercise bike in a recent Irish study. Why? Rowing recruits more muscle. Your gut check: try to row 2,000 metres in 7 minutes.

30

Minutes of exercise, six days a week, that can cut your risk of early death by 40%
Source: British Journal of Sports Medicine

PHOTOGRAPHS ISTOCKPHOTO



JOIN THE *#everydayIget***BETTER** MOVEMENT

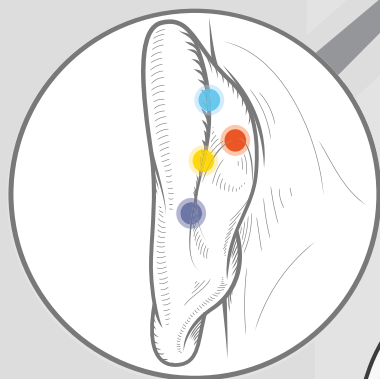


CALL 1300 222 348

www.celebrityfitness.com.my

Ah, That Hits the Spot

Applying pressure to these points in your ear sends pain-relieving signals down your spine.

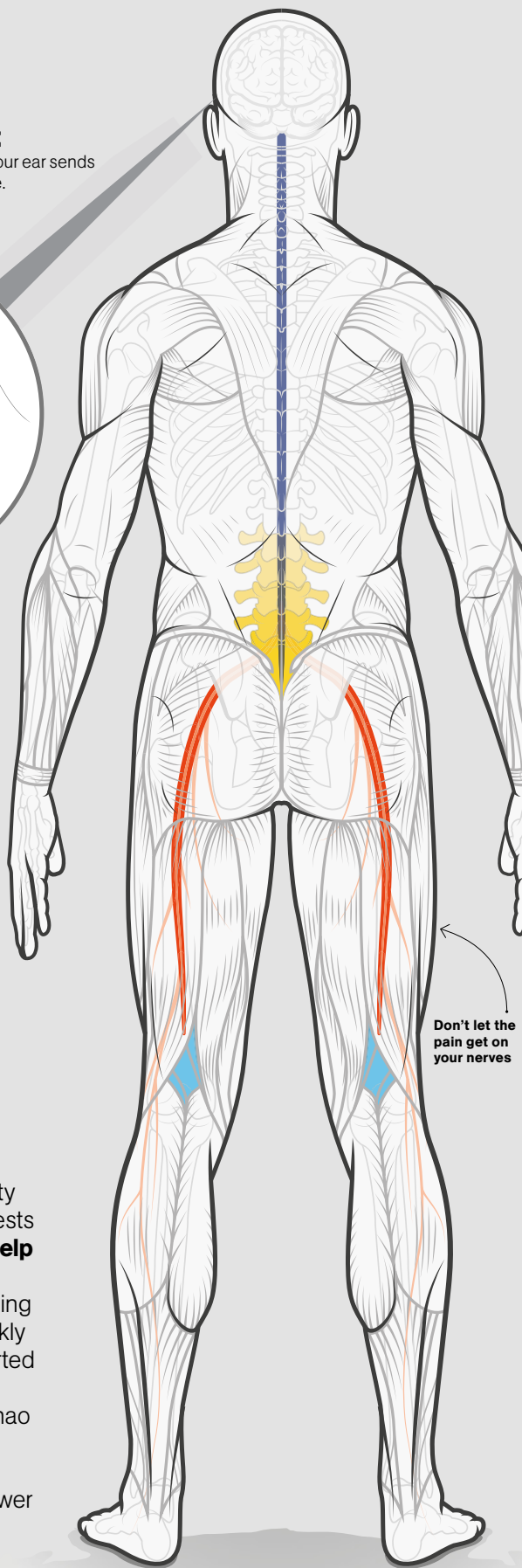


● POPLITEAL FOSSA ● SCIATIC NERVE ● LUMBO-SACRAL ● GROOVE OF SPINAL POSTERIOR

Give Pain an Earful

Back barkin'? Try an aural medication. Recent University of Pittsburgh research suggests that **ear acupressure can help relieve chronic back pain.**

People with the wince-inducing condition who received weekly treatments for a month reported a 44% reduction in their suffering. Study author Dr Chao Hsing Yeh, explains that ear acupressure may trigger a neural pathway to release fewer pro-inflammatory chemicals and more anti-inflammatory ones. Go to a practitioner who can teach you how to push the right buttons.



Don't let the pain get on your nerves

Health Bulletin



AVOID A FLEECING

Your bedding may lead to more sneezing than snoozing: **cozy blankets can be a breeding ground for dust mites**, an Irish study suggests. When both fleece and cotton were exposed to the microscopic bugs, the plush material attracted 42% more mites than the cotton did. That's because fleece has deep pile fibres that twist and turn, allowing mites to crawl inside and settle there, says study author Dr David Clarke. To kill them, wash fleece in hot water (at least 55°C) every week or two and line-dry if possible: the sun's UV rays help destroy the mites' allergens.

INSTANT Rx

BLOW OFF HIGH BP

The Symptom

Your blood pressure reading is often higher in a doctor's office than at home. Blame white-coat hypertension, a spike in BP brought on by the stress of seeing your doctor.

The Prescription

Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which in turn triggers the reflexes that control blood pressure to bring it down accordingly, the researchers say.

EE

Percentage of victims of sports-related cardiac arrest who'd had symptoms, like chest pain, within the prior 7 days
Source: *Circulation*

UNMISTAKABLY REFINED

Just in case you don't already know, aesthetic enhancements are no longer reserved for the ladies



More and more men are discovering how aesthetic treatments can help them look and feel their best. In today's competitive world, men need a boost to both appearance and confidence levels to keep them ahead of the game.

What is The M-A-C Clinic?

The M-A-C Clinic is one of the pioneering clinics in Malaysia that offers non-invasive and minimally invasive aesthetic procedures with little or no downtime.

What makes The M-A-C Clinic different?

As one of the first few aesthetic clinics in Malaysia, we offer state-of-the-art aesthetic equipment and premium quality products in face, body and skin care. We continually focus on the best evidence-based treatments in

the market with an important emphasis on safety and efficacy. Only selected procedures, products and programmes are adopted at the clinic.

What treatments do we offer for men?

There are of course treatments that are essential for a man to consider like botox injections to cure sweaty problems or the removal of unsightly hairs on the back, but other than that, almost all of our treatments are suitable and appropriate for men.

Starting with the body: We have treatments to gently eliminate fat, stubborn bulges and to help with slimming. Or, Laser Hair Removal for unsightly body hair such as on the shoulders and back (aren't you sick of all that shaving and/or waxing?)

And for the face: For the best first impressions, we can keep the signs of ageing such as wrinkles and jowls at bay or custom facial treatments for clear, fresh and vibrant looking skin. Or even Laser Hair Removal to get rid of those stray hairs from ears and eyebrows, and to get a perfectly sculpted beard shape every-time.

Think you look constantly tired and worn out, what can you do?

Sounds like you need a little "perk me up" skin rejuvenation treatment to help you look more rejuvenated. And if you don't like the idea of needles, you can achieve a more rejuvenated look by having your body naturally regenerate and remodel collagen. How? By having a "mini facelift" with Doublo, a non-surgical High Intensity Focused Ultrasound treatment that stimulates growth

of new healthy collagen. Resulting in the tightening, firming, lifting, and toning effect on skin over time. So your skin gradually lifts and improves, making you look younger and fresher, in just one treatment without any downtime.

Tennis? Golf? Or too much time in the sun?

If you've spent any time in the sun, inevitable changes are going to appear on your skin. Whether it is age spots, dilated vessels, uneven skin or actinic keratosis, there are treatments that can help restore the skin to its optimal functions and health. Laser resurfacing is an effective way of reversing the damaging effects of sun exposure, ageing and lifestyle habits (such as smoking and late nights) on the quality, colour and texture of your skin.

Don't be shy!

Both our clinics are conveniently located in Bangsar. We are tucked away privately for the most discreet clients in Bangsar Shopping Centre whereas our private bungalow along Lorong Maarof leads you right to our doorstep.



Dr Hew Yin Keat
MB BCh BAO (Ireland),
DIP. PRACT. DERM.
(Wales)

The M-A-C Clinic

S117A, 2nd Floor, Bangsar Shopping Centre, 285, Jalan Maarof, Bangsar, 59000 Kuala Lumpur, Malaysia. Tel: +603 2093 6136 Fax: +603 2093 7136

The M-A-C Clinic

No 12, Lorong Maarof, Bangsar, 59000 Kuala Lumpur, Malaysia. Tel : +603 2283 1212 Fax : +603 2283 1001

OPENING HOURS

Monday - Friday: 11.00am - 6.00pm | Saturday: 10.00am - 2.00pm | Closed on Sunday and Public Holidays.

For more info, please visit their website: www.mac-clinic.my





Her Sex Dreams Come True

Hit the hay early and get lucky tomorrow. **Women who sleep longer are more easily aroused**, according to research from the University of Michigan. Among women in relationships, an extra hour of sleep increased the likelihood of action the next day by 14%. Sleep raises levels of sex hormones that affect desire, says study author Dr David Kalmbach. Men, too, can improve their sexual health by logging more shut-eye, he says.



SOCIAL STUDIES

BLOCK THAT EX?

You've split amicably. Should you dump her as a Facebook friend?

The Answer No. A new Canadian study found that people who stayed friends with their ex suffered the lowest levels of post-breakup distress. But if it was a bitter split, cut all ties; her virtual presence will do more harm than good.

NICE GUYS GET THE GIRL

Is humble the new hot? A Hope College study using fake online dating profiles reveals that **women find modest guys more attractive than self-promoters**.

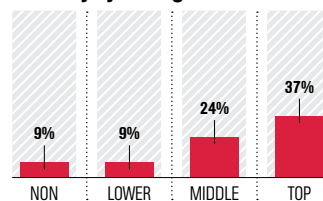
Humility signals that you'll treat her well, says study author Dr Daryl Van Tongeren. That's because humble people tend to put others' needs before their own. One way to appear confident and capable but not cocky: mention your accomplishments while sharing the credit.



C-Suite Cheating

Women executives are just as likely as male bosses to sneak around, a German study reveals. And the higher a person's rank, the researchers say, the more appealing the secrecy of an affair becomes and the less obligation the cheater feels to abide by social norms.

Infidelity by Management Level



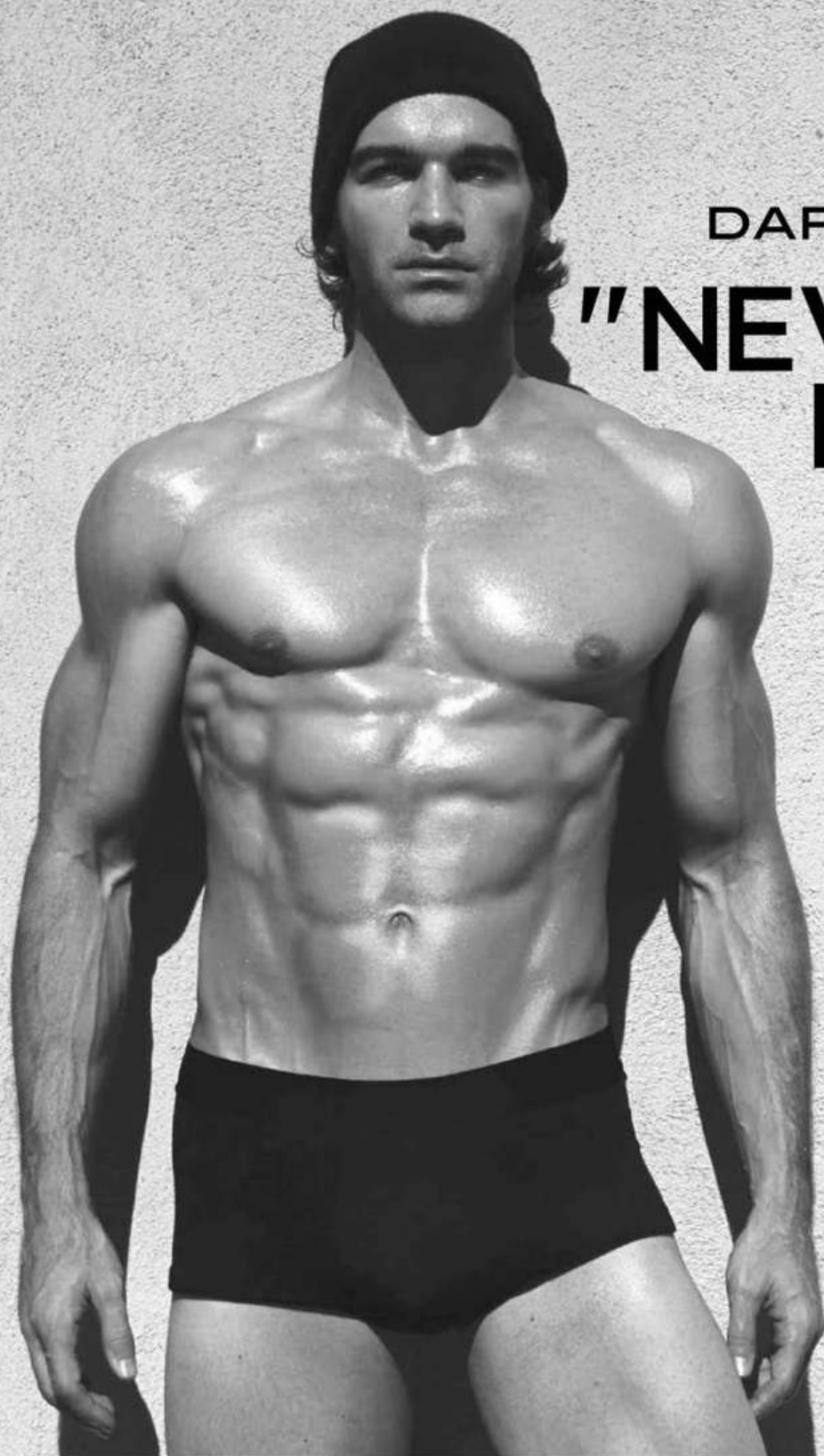
Source: *The Journal of Sex Research*

EDITED BILL STIGES PHOTOGRAPHS ISTOCKPHOTO



Average times a month cohabiting couples have sex (versus four for married couples)

Source: Social Science Research



DARE TO DELIGHT
"NEVER SAY
NEVER!"



ON PROMO: Brazilian waxing @ RM29 & Boyzilian waxing @ RM59

Website: www.bbgwax.com | Facebook: [www.fb.com/bbgwax](https://www.facebook.com/bbgwax) | Instagram: [bubblegumwax_](https://www.instagram.com/bubblegumwax_)

Kuala Lumpur Branch

F.1.7 Plaza Damas (Hartamas Shopping Center)
60 Jalan Sri Hartamas 1, Sri Hartamas,
Kuala Lumpur, Malaysia

T: 603 6211 5039

M: 6012 542 0662

bbgw.kl@gmail.com

Damansara Branch

B.1.5 Casa Tropicana,
Jalan Persiaran Tropicana,
Tropicana Golf & Country Resort,
47410 Petaling Jaya, Malaysia

T: 603 7887 0669

M: 6012 557 3266

bbgw.casa@gmail.com

Subang Branch

57, Jalan USJ 10/1A, Subang Jaya
47620 Selangor, Malaysia

T: 603 5633 5770

M: 6017 252 5770

bbgw.usj@gmail.com

Check out our website at mens-health.com.my/insideout for the latest event and promotion updates.

The Glow of Luminox

In tribute to Luminox's unrivalled reputation as the watch that "owns the night" since 1990, Luminox is proud to introduce the Luminox Navy Seal Colormark Nova watch collection, with the word "Nova" referring to the brightest star in the night sky. The range marks a new extension of the brand's core collection, but this time featuring the best of two luminous technologies: Luminox Light Technology with micro borosilicate gas tubes that enable the watches to glow continuously for up to 25 years and the addition of Super-LumiNova on the dial's circular indices for maximum visibility.

luminox.com



IWC Goes Big

The Portofino collection from IWC Schaffhausen now features a sophisticated new development. With a matchmaking complication in the form of large date and day display, the Portofino Hand-Wound Day & Date is an extremely practical timepiece. With its large date, day and power reserve displays, together with a small seconds hand at 6 o'clock, the dial features an impressive number of easy-to-read indicators. The modern watch movement design, featuring large bridges with Geneva strips and circular-grained plates, can be observed through the sapphire-glass back. iwc.com



Ultimate Functionality That is I.N.O.X

For the adventurers, paracord is making its watchmaking debut on the I.N.O.X Paracord. Boasting all the strengths of the I.N.O.X. watch, its paracord strap is original, innovative and unique, woven with highly resistant multi-strand nylon cord. The exclusive braiding, developed in collaboration with Naimakka, complements the watch perfectly. The exclusive timepiece comes in two Naimakka versions: a green camouflage or a black braided strap with a black dial. Each model comes with a removable transparent bumper marked with the points of the compass.

victorinoxwatches.com/INOX

DELICIOUS, NUTRITIOUS PROTEIN SHAKE

PERFECT FOR PRE & POST TRAINING,
OR ANY TIME OF THE DAY!



IN 28 DELICIOUS FLAVORS!

ONE OF THE BEST SELLING
PROTEIN FAMILIES IN EUROPE!

USE PRODUCT IN CONJUNCTION WITH
A SENSIBLE TRAINING AND NUTRITION PROGRAM!

SCITEC NUTRITION®

WWW.SCITECONLINE.COM.MY

 Scitec Nutrition Malaysia

 scitec_malaysia

ALPHA MALE

EVERYTHING THAT MATTERS TO MEN

Counting on Kelly

Top model Kelly Jagan's no stranger to the limelight. Find out how she stays focused each day and how you can step up to be in her league

KELLY JAGAN CROSSES HER LEGS AND LEANS BACK AGAINST THE BENCH on set. You probably recognise the model as the second runner up at the recent Miss Universe Malaysia 2014 pageant, but today she's talking about how she maintains her drive and stays focused. "I want to give my family a better life," she says, speaking from the heart. "I'm the sole breadwinner in my family and I need to help them with the bills."

The lady of the hour talks about how she juggles everything in her life, saying that it really boils down to discipline and how much you ultimately want success. "It all depends on you. I try not to procrastinate and do things immediately." She explains that having a strong sense of discipline's helped her stay on top of her game. "You have to give things your best shot and have the best attitude. If you have an appointment

at 10am and know that traffic's going to be bad, leave by 9am." But she's quick to point out that you shouldn't be too hard on yourself and take small breaks too. "When I'm not in the mood, I'll scroll through Facebook and look at pictures to take my mind off things. I'll go back to work right after that. Sometimes our mood will *lari sikit*, right."

Kelly opens up about what's keeping her occupied these days, highlighting that exposure from the recent Miss Universe Malaysia pageant's resulted in numerous modelling gigs. She talks about self-development and what she wants to do next, "I'm interested in expanding my knowledge into other industries too. I've also been approached to take part in interesting business opportunities. I'm still learning so I'm game to try new things!"

Get the inside scoop on what women really think from Kelly and find out how you can measure up for a girl like her

SHOW HER RESPECT. OR ELSE...

"I'm attracted to men who have vision and are adaptable – gender role stereotypes are being broken down every day and a modern man should not let pride get in the way of a successful woman. But be careful with us. Women are emotional beings – we'll bite and we bite hard!"

HOLD HER. SHE'S TRYING TO BE STRONG

"Every strong woman has another side to her – it's not simple or easy being strong. Their feelings go up and down. They probably cry at the end of the day and no one will know about it because they hide it well. They're only human at the end of the day, so try to be kind and understanding."

KEEP COOL AND SAIL THROUGH

"Learn to be patient in relationships. That's the best way to find a place where you can stay together and trust each other. Give each other space too; it's okay not to talk to each other every day – but don't grow too far apart!"

SOLVE PROBLEMS TOGETHER

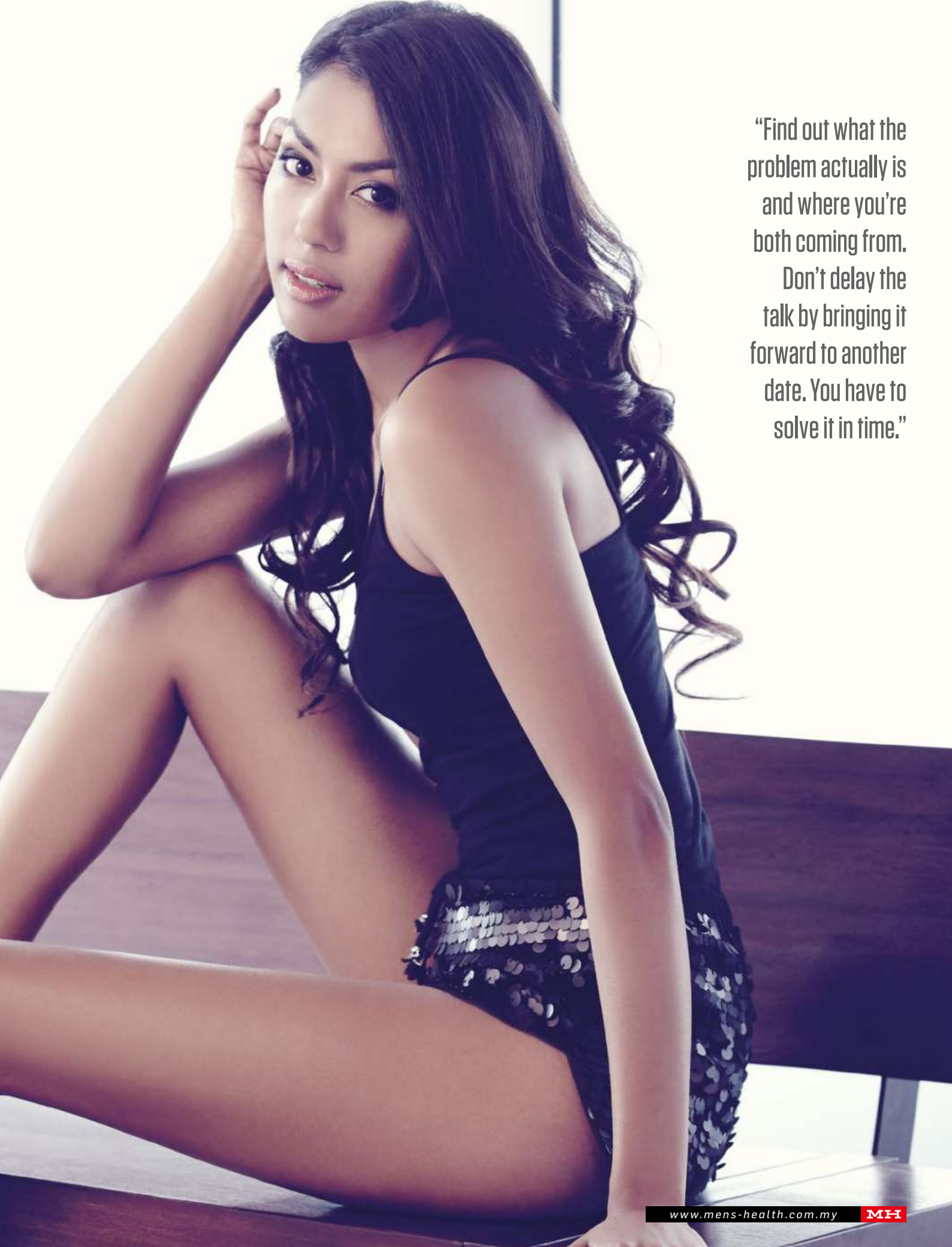
"Sit down and talk to solve arguments. Find out what the problem actually is and where you're both coming from. Don't delay the talk by bringing it forward to another date. You have to solve it in time. You'll both just suffer if you keep delaying or hiding it."

MAKE THE JOURNEY EXCITING

"A relationship is a journey. It's a journey of growing up together. To keep a relationship exciting, you should always try out new things and mix things up a bit. Try and change a routine. Don't be afraid to surprise your partner to keep things fresh."

CLEAN UP AFTER YOURSELF

"One thing guys do that make me mad is how untidy they can be sometimes. Some guys have a habit of leaving things around – you know, when they take off their socks or clothes and leave it lying everywhere? I'm quite tidy so this does annoy me."



“Find out what the problem actually is and where you’re both coming from.

Don’t delay the talk by bringing it forward to another date. You have to solve it in time.”



Do women really talk to each other about guys they're sleeping with?

— CHEONG

Yes, and I'm not sure why we do it — maybe for validation, or to check that everything we're experiencing is normal. Women do not separate sex from relationships; to us, they are of equal importance. When we're dishing about our relationship, whether good or bad, we go into every aspect, sparing no detail. Of course, we only do this with a select few, but we do it nonetheless. Here's a tidbit to make you feel more at ease about this unchangeable habit in female interaction: if she's still sleeping with you, your story is a good one.



ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex at editor@mens-health.com.my

I'm a married man, and I think my coworker has a thing for me. Do I ask her to cool it?

— FARIQ

If you are absolutely certain she's hitting on you, then yes. If she doesn't already know that you're married, make that very clear by flaunting your wedding ring and/or bringing up your wife in passing conversation. If she doesn't budge and continues with her seductive ways, ask her politely to maintain a professional behaviour and distance, as your priority is work and not personal engagement.

I'm certain I don't want kids. When do I tell someone I'm involved with?

— JEFF

Only when you're certain they are in it for the long haul. This could be during the first week of the relationship or two years in. When the other party is ready to make a life commitment, it means she is ready to build a family. If that means just the two of you, then you have to be honest with her. Not wanting kids is not a crime, but do not deprive your partner of that future if that's what is important to her.

How do we keep our relationship from fizzling out when you're constantly travelling for work?

— MING

There are so many ways of keeping the romance alive. What she wants to know is that she's on your mind no matter where you are. Create a sort of 'treasure hunt' with goodies you find on your trips that remind you of her. When you're away, hide one of the gifts and send her on a cookie trail to find the gem. She'll have fun while you create multiple check-in points, leaving her hints to bring her closer to her prize. Involve her frequent establishments, such as coffee at her favourite barista joint, paid for with a pre-prepped note. It's simply a matter of being creative.

My girlfriend gets annoyed when I don't answer her texts right away. What's my move?

— ARIFIN

If you glanced at or read her message, just take two seconds to tell her you're preoccupied. She just needs you to acknowledge that you're on the receiving end of her thoughts. Responding immediately after receiving a text is impractical most of the time, but if you're responding hours later *all* of the time, then you probably have to change your communication habits. It's all about momentum.

4 PICS THAT PISS HER OFF

THINK TWICE BEFORE POSTING THESE SNAPS, SAYS DATING EXPERT DR LOGAN LEVKOFF



AFTER A BIG WORKOUT

Let her handle the postmarathon selfie, Levkoff says. Post something symbolic, not sweaty — like the celebratory doughnuts at the finish line.



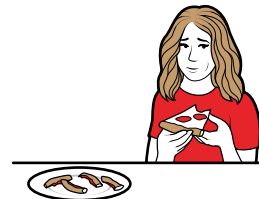
WHEN SHE'S SLEEPING

Celebrity couples might pull this move because they think it makes them look relatable. But for everyone else, Levkoff says, it's just creepy, not cute.



WITHOUT MAKEUP

She may love hearing that you admire her natural beauty. So say it, don't share it, Levkoff says. Whatever face she shows to the rest of the world is up to her.



DURING A MEAL

Few people look good chowing down. But extend the moratorium to your plates too — it'll be easier to forget just how many slices of pizza you both scarfed.

BAD LAB



BRAVE AND DARING
LABORATORY



ADD SOME
MUSCLE
TO YOUR HAIR



watsons

THE ALL-NEW PERSONAL CARE RANGE FOR THE UNCONVENTIONAL MAN
AVAILABLE AT BADLABCO.COM





“I Sent Explicit Pics to My Wife”

Your smartphone is also a sex toy. Could it hold the secret to a hotter marriage?

A FEW MONTHS AGO I MET A BUDDY FOR A BEER

after work. As he was settling in, I grabbed his phone. “I’ll scroll through your photos and ask about them,” I said. “It’s a fast way to catch up.”

“Nope,” he said, snatching it back. “I’ve got explicit pics on there.” When he travels, I learned, he and his wife keep the connubial fires stoked with explicit texts. “You should try it,” he said.

My wife and I just celebrated our 19th anniversary. I love her all the way to the bottom of her heart, as our daughter once said when she was 4 years old. That daughter is now 9. She’s got a 16-year-old brother. They take a lot of work. Work, too, takes a lot of work. So, sexting. Maybe I *should* try it, I thought. **1**

I consulted another friend. I said I might cut a hole in a piece of paper and draw a tableau – like the Last Supper – for my penis to peek through.

“Dude, take it seriously,” he advised. “If you want this to work, do it with sincerity.”

A few days later, my wife left town on a business trip. That night, I sent my first sext:

“Remember that time you and I had crazy sex on our dining room table?” Nothing. **2**

I followed up: “Have you been sitting there, racking your brain, trying to remember it?”

Finally the response came: “Ha no driving.”

The next day, after a perfunctory exchange about what time the dog had last been walked, I pivoted. “Say, unrelated,” I wrote, “but I was thinking about that day many years ago, before we had kids, when you picked me up from the airport and let it be plainly known that you

“I WAS CONSUMED WITH FEAR. WOULD SHE THINK I’D MADE HER THE BRUNT OF A JOKE?”

weren’t wearing panties under your skirt.”

“Ha! What a complete non sequitur and fun memory. We used to be crazier,” she wrote.

Me: “It’s true. You’ll recall that we went to the Blue Goose from the airport, and I had to eat an entire meal while stifling a boner.” **3**

No response. The reference to my long-ago stifled boner sat there, unrequited.

Six friends attended happy hour that day. I read my efforts aloud. “Who says ‘you’ll recall’ in a sext?” one guy asked. “You sound like a lawyer addressing a hostile witness.”

Another: “You ‘stifled a boner’? It’s like NBA coaches miked up in huddles, talking for the TV audience and not the players.”

Their mockery was interrupted when my screen lit up: “Are you working on an article?”

Hooting and hollering ensued. I needed to send an explicit pic now, they agreed. One said, “Text her: ‘Does this answer your question?’”

Have you ever tried to cultivate an erection in a bathroom stall in a bar, during daylight hours, without assistance? Anyway, I sent the photo, along with their suggested message, and was immediately consumed by a level of fear and shame I’d never felt before. Would she think I’d lost my mind? Or, worse, would she think I had made her the brunt of a joke?

I returned to looks of disbelief at the table. Several minutes passed, and then came her response: “Ummm.” Not “yummm.” Ummm.

I read her text aloud. One buddy quoted Otter, from Animal House. “You can’t spend your whole life worrying about your mistakes,” he said. “You fucked up! You trusted us!”

Later, I fessed up. Yes, it was an experiment. But my heart was in the right place, along with my penis. The memory of that ride home from the airport is one I’ll never forget. Sure, we used to be crazier – but still no less in love.

As for sexting? With someone as inept as I am driving the show, it was never going to work. And for me and my wife, texting is all about coordinating the daily demands of married life.

One more thing. When I explained myself that night, my wife said, “You tell them I figured it out,” she said. “I sussed out your little experiment. I’m too smart for that.”

And that’s why I look forward to our 20th.



Three Sext Tips Your Buddies Won't Tell You

1 DON'T RUSH

“Work up to the explicit pic,” says sociologist Dr Jenn Gunsallus. “Tease her with other shots of your body before the big reveal.”

2 THINK FORWARD

Past romps are fun to describe, Gunsallus says, “but so is how the thought of being with her now drives you crazy with desire.”



3 BE PERSONAL

Give specific compliments, says psychologist Dr Paulette Sherman, like how great her butt looks in those new yoga pants.



GERMAN ENGINEERING FOR THE FEET

www.obermain.com

  [Obermain.my](https://www.obermain.my)

obermain[®]
GERMANY - SINCE 1888

SELANGOR • 1 Utama • Sunway Pyramid • Subang Parade • The Curve • Gateway@KLIA2 • Mitsui Outlet Park • AEON Bukit Tinggi
The Mines • **KUALA LUMPUR** • Sunway Putra Mall • Lot 10 KL • Quill City Mall • **PAHANG** • First World Plaza Genting • **PENANG**
Queensbay Mall • **NEGERI SEMBILAN** • Palm Mall Seremban • **MELAKA** • Mahkota Parade • **JOHOR** • Johor Premium Outlet • **KEDAH**
Aman Central • **SABAH** • Suria Sabah



Your Magnificent Mile

Want cardio cred? Run a 6-minute mile. Our 4-week plan will get you there fast

1 2 3

IT DOESN'T MATTER WHETHER YOU'RE A RUNNER

or not, or whether you ever plan to toe the starting line of a marathon or 10K. Every man should aspire to run a six-minute mile, or at least see how fast he can run this classic distance. Running hard for a mile requires speed, stamina, and grit. And then there's muscle: "People often forget that you need strength to run that distance that fast," says Ryan Lamppa, cofounder of Running USA and founder of Bring Back the Mile, an advocacy group trying to restore the race to its pre-1980s glory (that is, before track and field's conversion to metric). "Look at milers: unlike distance runners, they're muscular."

Much of that strength comes from the training required to clock a decent time. "You need to run intervals – repeated bouts of all-out effort and rest – to target both slow- and fast-twitch muscle fibres," says Ben Rosario, head coach of the Northern Arizona Elite running team. That's why a six-minute mile is such an accomplishment. "It shows that you have power and a strong aerobic base, which translate to better performance in any sport," he says. Follow these steps to achieve it in just four weeks. — LISA JHUNG

SET A STARTING POINT

A week before you begin the programme, head to the track at your local high school or college and, after a warmup, run a mile as fast as you can. (A mile on a typical track is four 400-metre laps in the inside lane, plus about 10 yards or metres.) Note your time. This is your baseline for deciding a reasonable goal and for measuring improvement. If you're new to mile-specific training, you can reasonably expect to run the mile 10 to 15% faster after this four-week programme. So if you run a 7-minute mile, you've got a good shot at hitting that magical 6-minute mark after a month. In this preliminary week, if you do another cardio workout (in addition to your regular workouts), make it an easy distance run.

ACCELERATE YOUR TRAINING

Once a week for the next four weeks, head back to the track to run intervals. (Use the chart below to guide your sessions.) Warm up with 10 to 15 minutes of light jogging and four to six "strides." To complete one stride, accelerate from a jog to a sprint over 50 metres. Rest briefly and then begin your intervals workout. Two other days a week, jog for 30 minutes. These cardio sessions should be in addition to – not to the exclusion of – your regular gym workouts. Just be sure to perform each workout on a different day.

TIME YOUR MILE AGAIN

Did you finish in 6 minutes or less? Congratulations! You are faster and fitter than most men on the planet. If you missed your goal, no worries; just repeat the four-week training cycle. "But this time, also run hills once a week to strengthen your quads and boost your explosive power," Rosario suggests. Find a moderate hill – something challenging but not so steep that you need to walk up it. Sprint uphill for 20 to 30 seconds. Walk back down to recover. Repeat 6 times. Then go back to the track and try again!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
RUN EACH INTERVAL AT YOUR GOAL PACE	10 × 200M	10 × 400M	2 × 800M	4 × 400M*
WALK/JOG BETWEEN EACH INTERVAL	1 MIN	1 MIN	5 MIN	90 SEC

* Run 5 seconds faster than your 1.6km pace this week.

**OLIMP**[®]
SPORT NUTRITION
GERMANY

MUSCLE ANABOLIC ACTIVATOR - NITRIC OXIDE CREATOR



FOR AUTHORIZE DEALERSHIP INQUIRIES:

ERIC +60 16 716 0960

FOR WHOLESALE INQUIRIES:

REZA AHANGI +60 10 231 2031

EMAIL:

INFO@OLIMP-SUPPLEMENTS.COM.MY

WWW.OLIMP-SUPPLEMENTS.COM.MY

Digest This

B Vitamin Breakdown

These key nutrients fuel a healthy body. But watch how you take them

1/

WHAT THEY ARE

B vitamins are a group of eight distinct nutrients that you need to ingest from food or supplements – your body can't produce them on its own. Among their many functions, the most critical is to help your body's cells operate at their best.

2/

WHY YOU NEED THEM

Without enough B vitamins, your metabolism slows, making it harder for your body to convert food into energy, says Dr Andreas Mykoniatis, a clinical associate of medicine at the University of Chicago. If your B shortages are severe enough, the symptoms can include poor immune function, anemia, itchy rashes, and even depression.

3/









HOW TO CONSUME MORE

"Eat a diet that's rich in lean meats, eggs, dairy, leafy green vegetables, and whole grains, and you'll be good to go," says Dr Catherine Champagne, director of dietary assessment and nutrition counselling at Louisiana State University's Pennington Biomedical Research Center. Fortified energy drinks and cereals may provide B vitamins, but beware the caffeine or sugar overload. Oh, and if you're vegan, think about taking a B12 supplement, says Dr Nirav Vakharia, an internal medicine physician with Cleveland Clinic. Getting enough without meat and dairy is tough.



Don't get burned by energy drinks: their boost doesn't come from B

INSIDE A SWARM OF B'S

	THE FUNCTION	THE SOURCE
THIAMINE	Assists with DNA and RNA production, nerve function, and carb metabolism.	 ► Peas, legumes, nuts, seeds, whole grains, dairy, eggs
RIBOFLAVIN	Keeps your immune system performing optimally.	 ► Eggs, dairy, lean meats, leafy greens, legumes, nuts
NIACIN	Turns food into available energy through metabolism.	 ► Fish, eggs, dairy, meat, whole grains, starchy vegetables
PANTOTHENIC ACID	Stokes your metabolism to burn off fats and carbohydrates.	 ► Avocados, leafy greens, eggs, dairy, mushrooms, chicken
B₆	Helps facilitate muscle growth and the production of red blood cells.	 ► Chicken, fish, leafy greens, whole grains, beans, oranges
BIOTIN	Converts carbohydrates, protein, and fat into energy stores.	 ► Baking chocolate, eggs, dairy, pork, whole grains, legumes
FOLIC ACID	Aids in new cell production and prevents disease-causing DNA mutations.	 ► Leafy greens, lentils, beans, citrus
B₁₂	Helps your brain and circulatory system function properly.	 ► Shellfish, meat, chicken, eggs, dairy, whole grains

WORDS: K. ALEISHA FETTERS MAIN PHOTOGRAPHY: SAM KAPLAN PHOTOGRAPHY: ISTOCKPHOTO

A Taste of Goodness with

Maggi

DISCOVER THE
AUTHENTIC FLAVOURS
IN MALAYSIA'S ALL-TIME
FAVOURITE **MAGGI® KARI**

Maggi

**HIGH PROTEIN
WHEAT FLOUR
SOURCED FROM
AUSTRALIA**

REAL CHILLIES

MAGGI® Kari seasoning is made from real chillies for a rich spicy flavour.



12 SPICES

MAGGI® Kari uses **12** different types of spices including star anise, fenugreek, nutmeg, turmeric and clove for an authentic taste.

SLOW COOKED TO PERFECTION

All ingredients are **slowly cooked** until the oil breaks to fully elevate a real curry taste just like mum's homemade cooking.



FACTS VS MYTHS

1 THE GOODNESS OF WHEAT

MAGGI® 2-Minute noodles are made with **real wheat**, making it a great source of protein and carbohydrates and providing the energy our body needs. The Malaysian Dietary Guidelines recommends consuming at least half of our energy intake from grain foods.

2 MAGGI® 2-MINUTE NOODLES ARE SAFE TO EAT

MAGGI noodles go through the process of slitting or cutting the noodles dough into strands. It then undergoes steaming and frying in normal cooking oil which naturally prevents the noodles from sticking together.

3 MAGGI® 2-MINUTE NOODLES ARE 100% QUALITY GUARANTEED

The production and manufacturing of **MAGGI®** 2-Minute Noodles is according to Good Manufacturing Practices and complies with the Malaysia Food Regulation 1985.

MAGGI® 2-MINUTE NOODLES CAN BE TAKEN AS PART OF A BALANCED DIET!

ADD FRESH INGREDIENTS TO YOUR **MAGGI®** 2-MINUTE NOODLES FOR A BALANCED MEAL!

Energy (kcal)

529

Fat (g)

36.9

Curry Mee



MAGGI® 2-Minute Noodles* + Egg + Choy Sum (Sawi)

448

19.6



One bowl of **MAGGI®** 2-Minute noodles with fresh ingredients contributes to only **22%** of the daily calorie requirement of an adult (2000kcal), with half the fat content compared to regular curry noodles! **

*Values provided are based on one serving
**Nutrient Composition of Malaysian Foods, 1997



MS 1500:2009
1019-06/2004

For delicious **MAGGI®** recipes, visit us at www.maggi.com.my/MaggiNoodles

Scan here for delicious **MAGGI®** information.



Good Food, Good Life



Run Yourself Fit

A personal tragedy jolted Eric Lee into changing his life for the better. Find out why health is his biggest motivator, and how he accomplished his 180 degree change

NOW A SELF-CONFESSED RUNNING

junkie, the previous Eric Lee was anything but that. "I used to work in a pub and always had to entertain clients, so I got caught in a cycle of social smoking, drinking and eating frequent suppers," he says. This destructive cycle saw his weight balloon to a peak of 89kg – a lot to handle for his 5'5 frame.

Lee reveals that the most powerful trigger for his weight loss was his late father: "I lost him when he was only 60 due to a heart attack." His father's death was very sudden. From the devastating incident, Lee realised the value of health and how he still had time to change his lifestyle for the better. He felt like he'd been given a chance to reshape his life, and today, it could not be further from the one he'd led before.

He made drastic changes immediately by exercising an iron-willed discipline when it came to his diet. He cut out rice, no longer drank soft drinks nor ate any fried or oily foods and stopped smoking. His new job, which offered incentives for staff to embark on a healthier lifestyle, presented him a convenient and well equipped place to work out. He engaged a personal trainer to help him get started on the right path but it was his own determination and dedication that saw his success come to fruition.

His efforts paid off when he was crowned the winner of his company's 'Gym Max Idol' competition and was also selected 'Healthiest Staff Member'. As part of his winnings, he was treated to a trip to the UK – not too shabby for the guy who used to dread dressing up because he felt ashamed in his own body.

These days, Lee is much slimmer at 70kg and participates in a running event almost every other week. He relishes the feeling of freedom running gives him and it steers him towards a healthier version of himself – something we're sure that we can all aspire to work towards.

Workout Routine

Lee works with a personal trainer who gives him guidance on specific exercises for different parts of his body. His cardio workouts vary between the treadmill, bike, rowing machine and swimming laps.

MONDAY:

Cardio, Chest, Shoulders, Back

TUESDAY:

Cardio, Quads, Hamstrings, Calves

WEDNESDAY:

Cardio, Abs, Core

THURSDAY:

Cardio, Biceps, Triceps, Lats

FRIDAY:

Cardio, Legs, Arms, Core, Back

SATURDAY:

Rest

SUNDAY:

Lee usually goes for a running event

Diet Regime

BREAKFAST:

3 egg whites, 2 slices of bread and black coffee with no sugar

LUNCH:

Fruits followed by a light meal of mee hoon soup

AFTERNOON SNACK:

Oats

DINNER:

Steamed vegetables with steamed chicken or fish; a small portion of rice once a week



BEFORE:

89KG

AFTER:

70KG

NAME: ERIC LEE KOK ENG

AGE: 37

HEIGHT: 169CM

TIME TO REACH GOAL: 6 MONTHS

Athlete's Foot. Unfortunately, it's as bad as it looks.



But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.



Canesten®

Trusted brand in eliminating fungal infection

K.K.L.U. 02602015





PETROLHEAD

Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.

LINE OF SIGHT

Your reactions are determined by what you can see. Ensure at all times that you are seated in an upright but comfortable driving position that allows you to see more than just the car in front. Being able to see far ahead allows time for the brain to react, and room to fend off possible dangers. At the same time, always double check for any blind spots from your side mirrors, especially when changing lanes.

KEEP YOUR COOL

Every action has an opposite reaction, and our reactions are driven by emotion. Make sure you're always driving in a controllable emotional state, keeping your cool and putting aside any anger. A clear mind ensures a safe drive at all times. Also, always keep tabs on your physical well-being as hearing, vision and fatigue will definitely affect your driving ability.

KEEP GADGETS AWAY

Our communication devices are slowly taking over our lives. A defensive driver focuses on the task at hand instead of getting distracted by gadgets on the drive. Focus is required when you're on the road – and don't forget, it is an offence to use these toys while you're in the driver's seat!

THE RIGHT ATTITUDE

Sometimes becoming a defensive driver begins with attaining a defensive attitude. We tend to expect our vehicles to always be in good working order but, just like people, they can deteriorate and get tired. Always check your tyres, brake pads and bushings for wear and tear – they are items that keep you and your vehicle safe. Knowing the law is also very important, and adhering to it is a must. Be responsible!

Get Defensive!

Have you heard of the term 'defensive driving'? Well, this is what it means if you haven't

The University of Michigan rated Malaysia #17 in their list of countries with the most dangerous roads in the world. Though it should come as no surprise. Driving schools extensively focus on the basics and laws of driving, so much so that, when we receive our passport to freedom behind the wheel, many of us have little to no idea of how to anticipate risky

situations. Defensive driving is a skill that goes beyond the basics of driving, with the main goal of anticipating danger to reduce road accidents. This month, *Men's Health* proposes five techniques to help you become a better driver, and ultimately help keep you safe on the roads.

MIND THE GAP

It takes a car an average of 96m

to stop from the speed limit of 110km/h. Taking reaction time into account, there is only a split second between the safe zone and danger. But when is close too close? The rule of thumb is to maintain at least a two-car distance between you and the vehicle in front of you, and as your travelling speed increases, the gap should increase accordingly.



Original Sprout®
Worry-Free Luxury™

www.originalsprout.com.my



HEALTHY & NATURAL

Family-friendly, safe, and soothing products made with natural and organic ingredients, created just for you.
Order now via www.originalsprout.com.my.

No Parabens, Nanoparticles, Formaldehyde, Petroleum Oils, Propylene Glycol, Dioxanes, Sulfates, Gluten, Soy or Dairy.

Upgrade Your Programme

Don't confine yourself to the gym only. Add diversity to your exercise routine with these

1/ SLAZENGER REFLEX MIRROR GOGGLE

Going for a swim? Equip yourself with the Slazenger Reflex Mirror Goggle. Featuring wide lens and a metallic mirror coating, the goggles reduce glare from the sun or from bright artificial lights while providing UV protection. An adjustable split head strap with hypoallergenic silicone seal ensures a tight and comfortable fit. Whether for leisure or competitive swimming, the Reflex Mirror Goggle is the perfect companion.

sportsdirect.com.my RM39

2/ INSPIRE FT1 FUNCTIONAL TRAINER

Inspire's FT1 training machine is specifically designed to give you unrestricted movement in any direction while performing weight-resistance workouts. There are over 40 different exercises, each one targeting different muscle groups. The machine is entirely customisable with 30 different height positions for high/low pulleys and an accessory kit for additional tweaks. The FT1 is an excellent training machine for sports athletes or for those looking to strengthen their overall body, improve stamina and coordination, and encourage weight loss.

fitnessconcept.com RM9,395.50

3/ OSIM UTREK

The Osim uTrek redefines the walking experience with a few nifty and unique features. Designed as an all-in-one fitness machine, the uTrek comes loaded with tiered programmes to replicate different walking terrains and intensity levels. Its inclined deck helps to create a more challenging workout compared to a normal flat treadmill deck, and it saves space thanks to its shorter and more compact size. The sheer simplicity of the machine makes it perfect for individuals who have little time to workout.

osim.com RM1,588

4/ UNDER ARMOUR SPEEDFORM FORTIS

The Under Armour SpeedForm Fortis is a pair of incredibly lightweight running shoes designed for comfort and performance. It entirely cushions your feet to absorb impact, which means more power in your stride, no matter the terrain. The shoes also feature ArmourVent, a lightweight mesh upper which improves breathability. An adjustable lockdown heel strap improves your fit even more. *underarmour.com.my RM539*



IF A TREE FALLS IN THE FOREST BE THERE TO HEAR IT.



MARSHALL

With a compression resistant midsole, integrated heel cushion and technical rubber outsole, the KEEN Marshall Mid Up waterproof is dependable for the long haul. Assembled with pride in Portland, Oregon, using the finest materials from around the world.

SIZE 'EM UP AT KEENFOOTWEAR.COM OR YOUR LOCAL RETAILER



FOLLOW YOUR FEET™

4 Health Boosting Juicy Concoctions

Break out of the mould and try something other than your chocolate protein shake. Here are four suggestions that will make you feel good from the inside out



VinegPlus

Try This: Antrodia Camphorate vinegar

Best for: Overall health

Probably the most obscure medicinal tonic you've never heard of, this herbal vinegar is filled to the brim with beneficial properties thanks to the fungus antrodia camphorata. It tastes vaguely like Chinese cooking wine but boasts cancer-inhibiting properties, is a potent antioxidant, and is particularly good for detoxifying the liver.

Treat it like a herbal Ribena – dilute a small amount with water before chugging it down. VinegPlus also serves a range of fruit vinegars and vinegar blends for those who may be looking for something different to a banana smoothie. nulifestyle.com/vinegplus



Life Juice

Try This: Pasion

Best for: Easing your digestive woes

Also cold-pressed and best consumed after a meal, this tropical-tasting treat combines passionfruit, turmeric, lemongrass, pineapple and chokonnang mango. The result? A refreshingly zingy juice that cleanses and settles the insides.

Life Juice makes its juices fresh every day without adding sugar, water, preservatives, artificial colours or flavourings. It also has a farmers' market at Bandar Utama, which allows customers to select fresh produce for their own juice blends.

lifejuiceco.com



Strip Juice

Try This: Cold-pressed grape juice

Best for: An antioxidant hit

Cold-pressed and made of 100% grape juice, a bottle of this is refreshingly sweet and full of antioxidants and anti-inflammatory properties thanks to its high flavonoid content. According to dietician Ee Ling Yeoh, flavonoids contribute to heart health by preventing blood cholesterol oxidation, which reduces the formation of artery-clogging plaque.

Founder Nicole Tan shares that the juice is made from imported Thompson grapes, which give it its distinct green hue and full-bodied, fragrant taste. It is the only 100% cold-pressed grape juice to be found in the country. stripjuice.com



Boost Juice

Try This: Weekend Warrior

Best for: A meal in a cup

Looking for a convenient protein hit that will also fill you up? Boost combines bananas, blueberries, oats, skimmed milk, yoghurt and chia seeds in a smoothie that will satisfy the taste buds as well as the tummy rumbles.

The chia seeds count towards your intake of heart-helping omega-3s, and aid in lowering your blood pressure and cholesterol levels while keeping you full for longer. Fibre from the oats adds to this and will also help ensure your plumbing flows smoothly, if you get our drift. boostjuicebars.com.my

CALENDAR

6

FIM Asia Supermoto Championship 2015

One for the daredevils and thrillseekers, the FIM Asia Supermoto Championship held in Penang will feature top riders from the region racing and executing a combination of techniques found in motocross, dirt track and road racing. supermotoasia.com

10

Deepavali

The 'Festival of Lights' is a joyous occasion for Hindu worshippers, which signifies the triumph of light over darkness. Traditionally a celebration held at home, those curious can always head to Brickfields to experience the vibrancy and colour of the festival. tourism.gov.my

13-15

Komik Kon Malaysia

Based on the infinitely popular original Comic Con in San Diego, Malaysia's first ever Komik Kon will be held at MAEPS Serdang. A great event for fans to convene, there will be performances, a lucky draw, contests and more. komikkonmalaysia.com

14

Asia Pacific Ironman Langkawi

For fitness enthusiasts, there is no better way to push yourself to the limits than to participate in the Iron Man Triathlon. Online registration closed on October 16; however, it promises to be a thrilling day for spectators too. ap.ironman.com

WATCH OUT

29

Launch of HBO Asia's Halfworlds

Starring our very own Bront Palarae as well as an ensemble cast of leading Asian actors, Halfworlds – directed by Joko Anwar – is a supernatural thriller series set in modern day Jakarta. It airs Asia-wide on the 29th so keep your eyes peeled! hboasia.com

WINNING THE HEART BATTLE OVER DIABETES

Tap into IJN's Diabetic Wellness Package to gain control over diabetes and heart diseases

Here's a concerning fact that plagues the medical industry: diabetes increases your risk of falling prey to heart diseases. Left unchecked, diabetics as young as the age of 30 can be impacted by coronary heart diseases. But it's not all gloom and doom, however, with the right treatment and preventive

measures, you're able to gain the upper hand over diabetes and heart diseases, enabling you to avert major health crises.

What is setting an appointment at IJN like?

Scheduling an appointment at IJN is extremely easy and hassle

free. All you need to do is contact our Wellness Centre and choose a date and time that's convenient for you from Monday to Saturday during office hours. The waiting period is practically nil; you can often set an appointment on the same day or after, especially if it's not during peak season.

counselling, but personalised advice on managing your condition by self monitoring blood sugar levels and identifying potential complications like neurological diseases. We're really a one stop centre and you won't need to go elsewhere for a second opinion.

What makes IJN's Diabetic Wellness Package unique?

At IJN, we understand that diabetes puts you at a huge risk for coronary heart diseases: our Diabetic Wellness Package caters to diabetics who suffer from cardiovascular issues. The comprehensive package includes an array of features like the ankle brachial index and lung function test, not to mention tests that determine liver and thyroid functions, to name a few.

Tell us about the special team of experts behind the Diabetic Wellness Package

Through our full team of experts, you'll have access to specialists like diabetic nurses, dietitians, physicians and cardiologists. You can rely on them for not just

What happens after the tests?

Your time is valuable. In an effort to make your experience with us as comfortable and efficient as possible, the package is designed in such a way that all the tests are done at concurrent intervals – you'll receive your results in just four hours. After all the results have been compiled, you'll have a consultation with your doctor, who'll offer you an insight into your condition and how to manage it better with personalised advice. Thanks to our 'hotel lounge' ambience, you'll feel comfortable at all times and will hardly feel the passage of time. The Wellness Center's conducive environment also provides you with facilities like free WiFi, reading materials and television.



ENROLL FOR THE
HEART
SCREENING
IF YOU :

- are above 30 years old for male
- are above 35 years old for female
- have a family history of heart disease
- tire easily
- are overweight
- experience prolonged periods of job stress
- smoke and consume alcohol regularly
- have not undergone medical check-ups for a significant period

Heart matters
Best left to the experts



PHILIPS

ALL IN ONE HEAD TO TOE GROOMING SET

Water-resistant and turbo-powered, Philips Multigroom Kit QG3380 is a eight-piece set with full metal trimmer, body shaver, body trimmer and adjustable combs with up to 18 length settings that allows you to easily style your face, hair and body.



Full-size trimmer



Detail trimmer



Detail foil shaver



Beard & moustache shaver



Hair clipper comb



Nose trimmer



Body groom shaver

WIN!
A Multigroom
Kit
(see page 111)

QG3380

Learn more about the Philips' Personal Care range for men at www.philips.com.my

AM

Grooming

Saving Your Face

MH puts shaving foam under the microscope to find out what's lurking inside your lather

EVEN IF YOU'RE STICKING IT OUT WITH THE beard for now, the average man will shave 20,000 times in his life. Hair grows by half an inch per month, so this is not a habit to scrimp on. Knowing what's in your shaving cream – and seeping into your pores – makes a visible difference on a daily basis. We spoke to Dr Nick Plant, a reader in molecular toxicology at the University of Surrey, to cut through the fluff, uncover any hidden irritants and help you save face at the sink.



Unsure what's in the suds? MH is your stubble shooter

SHAVING BY NUMBERS

If you've been wondering what your beard, or lack thereof, reveals about you, we've found the stats. Clean-shaven men come out on top

59%

of people think it's unprofessional to display an untrimmed beard in the boardroom

9/10

women find clean-shaven men more kissable than their stubbly counterparts

39%

of men feel pressured to keep their facial hair looking trimmed on a daily basis

01 \

MOISTURE MASK

Propylene glycol moisturises the top layer of skin, allowing your razor to glide. It takes flak from some dermatologists because the chemical also appears in antifreeze, but it is marked as safe by industry regulators. Still, best not confuse it with toothpaste.

02 \

SKIN SOOTHER

Anti-inflammatory aloe vera gel is proven to treat irritated skin. It often appears on your can alongside fellow calmer chamomile. It's worth placing a warm flannel on your face for a few secs too, says Aveda's Stelios Nicolaou. It raises the hairs for a smoother shave.

03 \

SHELF LIFE

Sodium benzoate is a preservative to extend shelf life. It's been known to cause dry skin, so if you notice excessive dryness after shaving, opt for a brand without this ingredient.

04 \

AEROSOL POWER

If you need a clean-shave for work, isobutane cuts minutes off your regime. It works as a propellant, pushing foam out of the can faster. But it does cause rashes in some men. Try shaving soap in that case.

05 \

FINISHING TOUCH

Mineral oil is a by-product of petroleum – but don't let that fuel concerns. It softens skin and is non-comedogenic, which means it breaks down oils without clogging pores, so won't cause spots. Leaving you free to focus on what the hell to do with your hair...

WORDS: CARLENE THOMAS-BAILEY PHOTOGRAPH: SAM ARMSTRONG | MURDOCK RAZOR MURDOCK LONDON.COM | L'OCITANE SHAVING CREAM UK.LOCITANE.COM | STATISTICS FROM MINTEL AND GILLETTE

Check out our website at mens-health.com.my/insideout for the latest event and promotion updates.



Superdry Autumn/Winter '15 Range

The Autumn/Winter '15 collection was recently launched at the Superdry VIP Days in their Mid Valley Megamall as well as Pavilion KL outlets. The event in Mid Valley was supported by Superdry customers, while the one at Pavilion drew approximately 100 guests comprising corporate partners, celebrities and VIPs, not to mention guest stylist Voon Wei who introduced key pieces donned by Ean Nasrun, Juanita Ramayah and Meng of Hitz FM, and Figrie of RED FM. Find the collection at all Superdry stores.

www.facebook.com/OfficialSuperdryMalaysia



Mizuno for the Osaka Run

In conjunction with the Osaka Marathon 2015, this limited edition Wave Rider 19 reflects the colourful spirit of Osaka's biggest run. Featuring the same function as the original Mizuno Wave 19 shoes, this one comes with an improved U4ic midsole and an upgraded premium sock liner to give you improved cushioning, comfort and flexibility in every step.

worldofsports.com.sg

Puma Goes Classic

For Autumn/Winter '15, the PUMA Suede makes a comeback in classic black-white and peacoat colourway as well as a monotone, black-on-black iteration. The style and form of the shoe is displayed through its carefully considered aesthetics. Suede uppers with perforated detailing at mid-foot partnered with lace closure for a snug fit give the shoes a smooth and sleek look. A grippy rubber outsole harks back to the shoe's legacy of basketball courts and running tracks. Available at all PUMA stores.

www.facebook.com/PUMAMalaysia



Space Improvement

Transform your house into a home with these top-notch picks

1/ AKEMI UCHI SCENTED AROMA DIFFUSER VASE

There are many ways to incorporate this essential oil diffuser in your everyday life; to relax after a hectic day or stimulate the senses during work. Using ultrasonic waves, this diffuser quietly disperses subtle fragrant mist with four different variants to suit your mood. You can also rely on its aesthetic attractiveness to enhance the interior design of your room. [facebook.com/AKEMIUCHI](https://www.facebook.com/AKEMIUCHI) RM159

2/ DUNLOPILLO TALASILVER WAVE SERIES MATTRESS

Bad quality shut-eye is associated with cardiovascular issues, road traffic accidents, and psychological distress, a study in the *Medical Journal of Malaysia* reveals. And your mattress might be the main culprit. This mattress is designed with well positioned coils to provide maximum support while moulding to your natural body contours to ensure a better night's sleep.

dunlopilloworld.com From RM12,678 onwards

3/ LOUIS POUlsen PH ARTICHOKE LIGHT

Lighting is one of the most effective installations at setting the tone of your home, says interior designer Karen Foo. This 100% glare-free light fixture with 72 precisely positioned leaves made of punched copper, laser cut stainless steel or punched steel guarantees to brighten any room – and give the space an appealing glow. xtrafurniture.com Price on application

4/ ATMOSPHERE AIR TREATMENT SYSTEM

According to the US Environmental Protection Agency, indoor air quality without filtration can be up to five times more contaminated compared to the outdoors. Purify your surrounding with this system, which boasts a key feature – namely the filtering system that eliminates 99.99% of all airborne contaminants including smog, bacteria and viruses, amongst others.

amway.my RM5,469.60

5/ SORIA, VEDA, AMBRE AND SAMA CUSHIONS

Use these violet cushions in various patterns and shades to inject a vibrant yet soothing touch to your living area. Colour therapists have long associated the darker versions to radiate a sense of sophistication while the lighter options bring about the same restful quality as the blue tones. tatumcompany.com Contact 03-2202 2253 for prices





FABER-CASTELL
since 1761



ONDORO GRAPHITE BLACK

Black is taking over, like the Ondoro in graphite black with its distinctive matt precious resin barrel and high polished chrome-plated metal parts.

FABER-CASTELL BOUTIQUES : SURIA KLCC : 603-2031 8700 MIDVALLEY CITY : 603-2284 3887 1 UTAMA : 603-7710 9228
SUNWAY PYRAMID : 603-5636 6330 SETIA CITY MALL : 603-3341 3366 EAST COAST MALL, KUANTAN : 609-517 3968
QUEENSBAY MALL, PENANG : 604-644 0100 GURNEY PARAGON, PENANG : 604-227 0769 PLAZA MERDEKA, KUCHING : 6082-507 288

ALSO AVAILABLE : CZIPLEE BANGSAR, HI-SCAN MELAWATI, SINARAN SEREMBAN, SMO KOTA BHARU, BOOK TALK TAMAN DAYA & TAMAN UDA AND SELECTED AEON, POPULAR, MPH, SOGO & TIMES OUTLETS.
FOR CORPORATE ENQUIRIES : 603-8024 6363



Pushing Limits. Breaking Boundaries

James Ellis knows what it takes to get to the very top. The 2011 WBFF Fitness World Champion and international fitness model shares some pointers on how you can create the body you want and improve your life



WINNERS AREN'T BORN – THEY'RE made. James Ellis, 2011 WBFF Fitness World Champion and international fitness model, attests to this home truth when he opens up about how true grit and sheer effort can transform you. **“My dad always called me the bulldog. I always worked the hardest and pushed the hardest. I was that guy that was just going to dig deep and push through.”** He explains that although hard work and dedication is necessary when you're striving to impact change on your body, you've got to work smart to avoid getting hurt. **“You gotta be careful not to**

overdo it. If you injure yourself, it could mean that you'll be out of the gym for a while.” The spokesperson for Team Scitec USA adds that getting the right nutrition could make or break your chances success too, “Supplementation helps you get to where you want to be and train beyond your normal capacity otherwise. It's an easy way to get vitamins and minerals into your diet.”

Here's the bane of seasoned body builders everywhere: plateaus that stop you from making progress. Ellis gives his two cents on the best way to burst through them,

“Switch things up and keep your body guessing. That goes for the gym and your supplementation too.” He highlights that he trains six times a week by separating workouts according to specific body parts, “I stick to hypertrophy training and do three sets of 12, 10, 8 reps.” But when he feels that things are becoming stale and he's not seeing results, he'll shake up his routine by incorporating strength and endurance training elements into his programme.

What the mind can conceive, the body is capable of achieving. Ellis shares why it's so important to have a clear vision and suggests the following: create a vision board of what you want to achieve. “Tear out pictures of magazines that reflect your goals and put them on your vision board.” But he's quick to warn that beyond making scrapbooks, you need a solid plan of action to back yourself up. **“Think about the finish line and what it looks like for you. From there, work backwards to achieve the end results. Set goals and have a plan to reach those goals – that's the most important thing.”**

Take the following scenario on why it's so important to educate yourself: Ellis recounts seeing newbies to the gym lifting massive weights at low reps under the misconception that it's the best way to build muscle fast. **“If you want to be a bodybuilder, you really need to learn more about hypertrophy training, muscle anatomy and how to make them work to do what you want,”** he points out. **“Learn, study and figure out how you can get to that place. You really need to do that stuff. Learn from knowledgeable people in that area or profession.”**

EMBRACE THESE CHANGES AND DISCOVER WHAT YOU'RE MADE OF!

INVEST IN YOURSELF

“I got into bodybuilding because I didn't like the person I was. I didn't have enough self confidence and I didn't believe in myself. I was the kid that got picked on and was bullied all the time. I knew to change that was to have the bully's size, but not be the bully. So I started lifting and it's been awesome ever since – it's my healthy addiction.”

STRETCH TO GROW

“It's absolutely crucial to warm up and stretch before and after exercising. Stretching out those muscle fibres help with your growth and everything – you'll see better results overall at the gym. If you're going to stretch cold muscles, just get on the treadmill and jog lightly for five minutes to get your blood flowing. I've used foam rollers too, especially on my legs and lower back.”

GET THE RIGHT CROWD IN

“One of my favourite quotes is ‘I'd rather have four quarters than a hundred pennies.’ I'd rather have four very valuable people in my life that believe in me, that speak to me positively, encourage me and be all tough love on me. I'd rather have four of those people instead of 100 who are a pain in my life. Who you surround yourself with is important.”

MAKE CHECKLISTS

“I make a checklist of what I need to do the next day before I go to bed every night. I work for myself so it can be very easy to be lazy and slack off. If I don't make a checklist for myself, I'd be worthless. I have a great work ethic when I plan how I want to do things for the day. I love putting my check mark and saying I got it done.”

Sports Direct MST Sdn Bhd (925166-M)

CAMPRI THERMAL TOP
402350 | RRP:129

RM **46**

**2 FOR
RM 69**

EVERLAST POP
TRACK TOP
555698 | RRP:229

RM **89**

UNDER ARMOUR
STORM RIVAL GRAPHIC HOODY
1259931025

RM **239**

DUNLOP
WATERPROOF
SHOE BAG
942903 | RRP:82

RM **49**

GELERT ALPHA
COMPACT WASH BAG
942692 | RRP:79

RM **59**

KARRIMOR
ORGANIC TEE
444840 | RRP:99

RM **59**

KARRIMOR TRANSIT
WHEEL SUITCASE 40 LITRE
79403440 | RRP:399

RM **209**

UNDER ARMOUR
UNDENIABLE DUFFEL
1263969

RM **159**

DUNLOP CANVAS LOW
24604681 | RRP:169

RM **69**

NIKE SUKETO LEATHER
525311014

RM **249**

NIKE WAIST PACK
BA4925

RM **69**

PUMA
EVOSPEED DRAGON
BACKPACK
073241:01 | RRP:119

RM **85**

UNDER ARMOUR
STORM COMPEL
SLING BAG
1248871731

RM **219**

NOW OPEN

MID VALLEY MEGAMALL

www.sportsdirect.com.my



/ SPORTSDIRECT.MALAYSIA



@SportsDirectMY



SPORTSDIRECTMSIA

Subang Jaya Flagship Store, Tel 03 5566 8700 • Mid Valley Megamall, Tel 011 2763 8348 • Sunway Putra Mall KL, Tel 03 4050 1402 • Atria Shopping Gallery PJ, Tel 03 4050 1402 • Intermark Mall KL, Tel 03 2181 2126 • IOI City Mall Putrajaya, Tel 03 5879 9515 • 1 Mont Kiara Mall KL, Tel 03 6211 6780 • Tesco Extra Bukit Tinggi Klang, Tel 03 3322 1916 • Aman Central Kedah, Tel 04 731 3741 Udini Square Penang, Tel 04 376 9192 • Tesco Extra Seberang Jaya Penang, Tel 04 390 6398 • Tesco Extra Ipoh Garden Mall, Tel 05 545 5448 • Hatten Square Bandar Hilir Melaka, Tel 06 281 5773 • KSL City Mall JB, Tel 07 289 0067 • Tesco Extra Desa Tebrau Mall JB, Tel 07 351 5084 • Oceanus Waterfront Mall, KK Tel 088 274 386

* ALL PRICES DISPLAYED ARE INCLUSIVE OF GST AND VERIFIED CORRECT AT THE TIME OF PRINT BUT ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. VALID WHILE STOCKS LAST

You may not want
to put out the
welcome mat for
new milks, men

Do the New Milks Deliver?

Nuts, soy, rice, and hemp are now available in beverage form. But just how nutritious are these moo juice alternatives?

WORDS: JULIE STEWART PHOTOGRAPHY: SAM KAPLAN



If you swap in
nondairy milks for
the real deal, you
miss key nutrients

WHEN YOU WERE A KID, MILK WAS THE SACRED COW OF THE DAIRY MARKET, BUT now there's trouble in the pasture. Sales of nondairy milks have spiked 94% since 2009; in 2014 alone they increased an estimated 16%, according to the soybean counters at the market research firm Mintel. Why's that? Well, alterna-milk output has boomed in recent years, partly because the ingredients are less expensive to produce than real milk, which involves raising dairy cows. People are switching because they believe these alternatives are more nutritious, Mintel notes. We call that udder b.s.

BUT BEFORE WE SLOSH INTO THE SCIENCE OF THESE NEWLY POPULAR MILK alternatives, let's look at good old-fashioned cow's milk. Here are the positives: a 237ml glass of whole milk has nearly eight grams of protein and 149 calories. For comparison, a 113g skinless roasted chicken breast has 35 grams of protein and 186 calories. Beyond being easier to chug than chicken, that glass of milk also provides 28% of your daily value of calcium and 31% of your immunity-boosting, inflammation-reducing vitamin D. And the saturated fat in milk – even in full-fat form – won't necessarily hurt your heart. A *European Journal of Nutrition* study found that people 55 and older who consumed 118ml of full-fat dairy a day were 12% less likely to suffer fatal strokes than those who consumed low-fat dairy.

Even chocolate milk has benefits. In a recent UK study, men who drank it 20 minutes after a climbing session and again at dinner had less muscle soreness three days later than they did when they drank water. The combination of sugar and protein



DROP 5 POUNDS!

WHEN ONE *MH* US EDITOR DECIDED TO EAT CLEAN, HE SHRANK!

I was lugging around an extra 9kg. Then *MH*'s sibling publication *Prevention* challenged me to join its Get Someone to Eat Clean initiative. That meant I had to avoid foods produced with pesticides, antibiotics, preservatives, added sugars, and fake fats. It only sounds tough. Here's what stuck with me.

UNPROCESS THINGS

Eat Clean to Get Lean is a free, organic-based, additive-averse 1,800-calorie-a-day plan. That meant I had to buy gut-filling organic produce (spinach, kale), organic grains, and lean proteins like salmon, turkey, and chicken. The junk food, naturally, disappeared.

FIND YOUR PULSE

Before all this, I'd often stress-eat. But on the Eat Clean plan, I soon fell into a rhythm of consuming three 500-calorie meals with two 150-calorie snacks in between. After a few days, my stomach learned to expect food based on the time of day, not my emotions.

SAVOR THE RESULTS

I dropped 5 pounds in a week. And I craved the meals—stuff like Organic Grilled Chicken Breast with Plum and Walnut Relish. I felt more satisfied eating these dishes than I ever did polishing off greasy Chinese takeout. Verdict: It worked—and fast! —DAN MICHEL

Nutrition / Do the New Milks Deliver?

provides your cells with the energy they need to adequately repair muscle tissue, the researchers say.





But some scientists question other supposed benefits of milk. Take, for example, its bone-building reputation. “Countries with the lowest rates of dairy and calcium consumption also have the lowest rates of osteoporosis,” says Dr Mark Hyman, director of the Cleveland Clinic Center for Functional Medicine. Still, the USDA recommends that a man take in 1,000 milligrams of calcium a

day to keep his heart, brain, and muscles working well. But milk’s calcium level is nothing special, Dr Hyman says. 237ml of milk has 276 milligrams of calcium. Three ounces of sardines has 325mg. A cup of cooked broccoli rabe has 201mg. Three cups of cooked kale delivers about the same amount of the mineral as a glass of milk. And for bone health? Go fish: three or more servings of fatty fish a week helped study participants protect their bone density as they aged, the *American Journal of Clinical Nutrition* reports.



SHOULD YOU CHANGE WHAT YOU CHUG?

THERE’S MILK, AND THEN THERE’S “MILK.” DECODE THE CARTONS WITH THIS GUIDE

	THE UPSIDE	THE DOWNSIDE
 ALMOND MILK	Unsweetened almond milk has just 30 calories per cup, which is less than half the calorie load of even skim milk. The stuff tastes pretty good too, especially when you use it to thin out your homemade smoothies.	▶ If you think this drink is a good protein source, you're nuts: it has one gram of protein per cup. And while almonds have research-backed heart benefits, it's less clear if their milk is as good, says nutritionist Alissa Rumsey. Those perks come from the healthy fats and fiber of unprocessed almonds.
 SOY MILK	Soy milk has the most protein of all the nondairy options – about seven grams per 80-calorie cup. Mississippi State University research suggests it also has cancer-fighting properties; its isoflavones may lower cancer cell growth.	▶ Soy contains phytoestrogens, plant-based hormones that may, in excess, lead to dips in testosterone. Up to four servings a day, however, shouldn't hurt, says <i>MH</i> US nutrition adviser Alan Aragon. Oh, and watch out for sugar: one cup of Silk Very Vanilla has 15 grams of sugar.
 RICE MILK	If you have dairy, nut, or soy allergies, rice milk is a good option. Most brands are enriched with vitamin D, calcium, and B12. And if gluten is something you're concerned about, don't worry – rice milk is naturally gluten-free.	▶ Rice milk contains virtually no protein. Plus, like most rice-based foods, rice milk might harbour small amounts of toxins. In a study from Mississippi State University, samples of rice milk contained traces of arsenic, in some cases exceeding the levels the EPA allows in drinking water. Scary stuff.
 HEMP MILK	Each serving of this milk contains about four grams of heart-healthy polyunsaturated fats, including some anti-inflammatory alpha-linoleic omega-3 fatty acids, says Rumsey. It's also allergy-friendly.	▶ Nope, it won't get you blazed. And one cup contains just two grams of protein and no fiber. You're better off buying the seeds and shaking them over salads, yogurt, or oatmeal. Thirty grams (three tablespoons) provides as much as 10 grams of protein and up to three grams of fibre.

PHOTOGRAPHS/ISTOCKPHOTO



NUTRITION KNOW-IT-ALL

By Mike Roussell

If I microwave fruits and vegetables, will it degrade them nutritionally?

– JIM

Yes, cooking vegetables like spinach reduces B vitamins. But with tomatoes, on the other hand, cooking *helps* your body absorb the beta-carotene. But we're talking minutiae. Eat a variety of produce – raw, microwaved, roasted, sautéed, or steamed. As long as you don't cook the stuff till it's grey, you'll reap the benefits.

Is agave syrup really healthier than sugar?

– WILL

Definitely not. Table sugar is 50% fructose, while agave syrup is about 85. Moderate amounts of fructose are fine, but a lot, especially if you have diabetes or poorly controlled blood sugar, may lead to elevated triglycerides, gout, and high blood pressure. When it comes to agave, stick to the way it's enjoyed best: in tequila form.



Dr Mike Roussell is a nutrition consultant based in Rochester, New York.

Another persistent myth: that milk is a weight-loss tonic. Yes, milk has fat and protein, which can help you feel full, says Alissa Rumsey, of the Academy of Nutrition and Dietetics. But how are you drinking it? A study in the *International Journal of Obesity* found that simply drinking more milk didn't prevent weight gain. People stayed leaner only when they swapped in milk for soda or fruit juice.

Fearmongers argue that drinking another animal's milk is unnatural and may lead to health problems as you age. But the bottom line is this: "The irrational fear of milk is crazy, but equally crazy is this notion that it's a magic elixir," says Dr J. Bruce German, a professor of food science and technology at UC Davis. Drinking a glass or two of milk a day is an easy way to swallow key nutrients, such as vitamin D, but other foods – like fish and eggs – also offer vitamin D. In fact, a cooked tilapia or flounder fillet has about as much vitamin D as a cup of whole milk does – and three eggs provide about that amount as well. (Plus, those foods go better with hot sauce.)

Now, your first question about nondairy milks might be "How do they milk an almond?" Well, because almonds – like soybeans, rice, and hemp – are teatless, manufacturers grind the plant product and mix it with water and vitamins. The result can taste chalky or flat, so processors may add

"THE IRRATIONAL FEAR OF MILK IS CRAZY, BUT EQUALLY CRAZY IS THIS NOTION THAT IT'S A MAGIC ELIXIR"

flavours and sweeteners.

And sure, cow's milk also contains sugar, but it's in the form of lactose, which may not drive up your blood sugar as quickly as sucrose – the kind you're likely to ingest in processed goods like nut milks. Read the nutrition facts and ingredients list, advises Dr Christopher Gardner, a nutrition researcher at Stanford. Nondairy milks can differ substantially from dairy milk – and from one another. So check out the table below before you hit the grocery store. In short: think before you drink. ■



DIY Jerky: It's Dried and True

Slow-cook the ultimate snack in your kitchen. Devour at will

MEATY, LEAN, AND EVERLASTING,

jerky might be the world's greatest portable protein. (Just try hauling a bag of hard-boiled eggs on a road trip.) But you don't have to swerve into a convenience store every time you need a fix. "If you make your own jerky, you have ultimate control over the flavour," says Benkei O'Sullivan, executive chef of New York City's Hunt & Fish Club. "Plus, homemade jerky is about half the price of a bag of the store-bought stuff." All you need is an oven, a hunk of fresh animal flesh, and a few secret seasoning blends. From there, it's easy if you follow O'Sullivan's five steps.



Go Shopping

Buy a 900g piece of top round steak, and ask the person behind the counter to trim off any visible fat and silver skin. The leaner the beef, the longer your jerky will keep. This amount of meat will yield about 340g of jerky. Oh, and if you're dealing with a friendly butcher, ask to have the beef sliced into 1/4"-thick strips roughly 4" long. If you can make that happen, skip Step 2.

NUTRITION (PER 28G SERVING BEEF): **CRACKED BLACK PEPPER RUB** 63 CALORIES, 9g PROTEIN, 1g CARBS (0g FIBRE), 2g FAT **SWEET HEAT RUB** 67 CALORIES, 10g PROTEIN, 2g CARBS (0g FIBRE), 2g FAT **TERIYAKI GINGER MARINADE** 63 CALORIES, 10g PROTEIN, 1g CARBS (0g FIBRE), 2g FAT **SMOKY ESPRESSO BROWN SUGAR MARINADE** 62 CALORIES, 9g PROTEIN, 1g CARBS (0g FIBRE), 2g FAT



Hey, hungry hunters! This process also works well with turkey, elk, venison, or even wild boar.

PICK ONE...

CRACKED BLACK PEPPER RUB

- 2 TBSP KOSHER SALT
- 2 TSP FRESHLY GROUND PEPPER
- 2 TBSP BROWN SUGAR

SWEET HEAT RUB

- 3 TBSP BROWN SUGAR
- 1 TBSP KOSHER SALT
- 2 TSP GARLIC POWDER
- 2 TSP DRIED THYME
- 1½ TSP GROUND CHIPOTLE CHILE
- 1 TSP FRESHLY GROUND PEPPER
- ½ TSP GROUND CUMIN
- ZEST OF 1 ORANGE

TERIYAKI GINGER MARINADE

- 1 CUP PINEAPPLE JUICE
- ¾ CUP SOY SAUCE
- ¼ CUP RICE VINEGAR
- 2 MINCED GARLIC CLOVES
- 2 TBSP BROWN SUGAR
- 1 TBSP CHINESE FIVE-SPICE POWDER
- 1 TBSP SRIRACHA
- 1 TBSP MINCED FRESH GINGER
- ZEST OF 2 LIMES

SMOKY ESPRESSO BROWN SUGAR MARINADE

- 1½ CUPS STRONGLY BREWED COFFEE (COOLED)
- ½ CUP FRESH LEMON JUICE
- ¼ CUP BROWN SUGAR
- ¼ CUP WORCESTERSHIRE SAUCE
- 1 TBSP KOSHER SALT
- 2 TSP GROUND ALLSPICE
- 2 TSP RED-PEPPER FLAKES
- 2 MINCED GARLIC CLOVES
- 2 TSP LIQUID SMOKE (OPTIONAL)

2

Prep the Protein

Seal the steak in plastic wrap and stick it in the freezer until it stiffens slightly, about an hour. This will make the slicing easier. Remove the beef, unwrap it, and use a sharpened chef's knife to cut it into ¼"-thick, 4"-long strips.

3

Treat Your Meat

Marinating the meat gives jerky the most flavour; let it sit in the sauce overnight in the fridge. Dry rubs require two hours of refrigeration. For either route, combine the sliced meat with the ingredients (at right) in a large zip-top bag.

4

Rig Your Hot Box

Preheat the oven to 93.3°C. Place metal cooling racks on two baking sheets. Shake off excess marinade or spices and place the strips on the racks with space between each piece. Put it all in the oven. To aid dehydration, use a wooden spoon to prop the oven door open ½".

5

Dehydrate

The jerky is done when you can tear a strip easily and it springs back when folded, 3 to 5 hours. Use a paper towel to blot moisture, and cool completely before storing in an airtight container. It'll keep in the fridge up to three months.



Page to plate in 8 minutes!



THE MH FAST FOODIE™

PICK UP A ROTISSERIE BIRD, AND FEAST WELL ALL WEEK!

Chop-Chop Salad

Toss a few handfuls of chopped romaine with these add-ins (all chopped): some rotisserie chicken, tomato, avocado, roasted red pepper, and scallions. Add a spoonful or two of black beans and/or corn. Dress with olive oil, lime juice, salt, and pepper. Not your bag? Check out these three recipe remixes.

REMIX 1 If you like Asian flavours, swap out the tomato, pepper, beans, and corn and add the following: shredded carrot, shelled edamame, sliced snap peas, diced cucumber, and crushed cashews. Add a little sesame oil to the dressing too.

REMIX 2 Go Greek! Keep the chicken, tomato, and red pepper, but add feta, kalamata olives, and

thinly sliced red onion. **REMIX 3** Or just pump up the protein. Leave the original alone, except throw in a few grilled shrimp, a fistful of leftover cooked quinoa, and a scattering of thawed peas. Then mix a spoonful of Greek yogurt into the dressing. These adds tack on an extra 15 grams of protein to the original salad.

NUTRITION (FOR ORIGINAL SALAD): 408 CALORIES, 31g PROTEIN, 23g CARBS (9g FIBRE), 23g FAT



Why She Wants You Bad

You're polite. Thoughtful. Considerate. And boring! But your rough side might rub her the right way

YOU KNOW A REBEL WHEN YOU SEE ONE.

And so does she. In a recent Australian study, researchers discovered that men who ignore rules are more desirable to women. "Non-conformity suggests qualities that women typically find attractive, like risk taking and assertiveness," notes study author Dr Matthew Hornsey, "It communicates authenticity, which in an image-obsessed world has become a rare and valuable commodity." Translation: faking it won't work. So turn the page to tap into your true rebellious side. More sex, hotter sex, so-adventurous-it's-barely-legal sex awaits.

WORDS: NIK EDARLING PHOTOGRAPH: ISTOCKPHOTO

1

Make Her Look

Walk into any bar on a Friday night, and you'll swim in a sea of gingham. Guys can be risk-averse: "We're pack animals – we're programmed to play it safe and follow the crowd," Hornsey says. "But part of being an adult is knowing when to fit in and when to stand out." So rather than blend in with the rest of your wolf pack, reach into your closet for a look that'll turn you into the alpha dog.

► **YOUR REBELLION** Add one edgy item to every outfit. For instance, start with a black blazer and a white T-shirt, says *Men's Health* US fashion director Sandra Nygaard, and pair them with slightly distressed jeans to create contrast and interest. Other ways to apply this principle: trade a wristwatch for a leather cuff. Mix a leather jacket with a dressy shirt. Pair boots with a suit, sneakers with dress pants, or dress brogues with jeans. And switch out your cologne for something with a more earthy scent, such as patchouli.

2

Come On a Little Stronger

It's obvious when you secretly hope something better will come along. Take online dating: many guys flirt for days if not weeks before finally making plans. "Men cast a wide net on these apps and sites, but it's not always obvious when they're actually interested," says Dr Paulette Sherman, a psychologist and relationship coach. "Making a first move quickly shows that you're assertive and confident." Plus, it sends a message that you're not playing the field.

► **YOUR REBELLION** Skip to the best part. Apps like Paktor and Tinder are meant for meeting up instantly, so embrace them. You might be surprised by how receptive she is, as long as you pick a safe, public place, Sherman says. "It's a relief to find out if there's chemistry right away. A man who drags things out can seem weak because his actions don't support his words." Be straightforward in your pitch, and avoid a big-time commitment. Aim for confident with a dash of boldness. Try something like "I need to buy you a drink. Tomorrow. It'll be more fun than whatever you have planned."





3

Lower Your Fear Factor

Men often play it safe because the potential for awkwardness and rejection is so high, says Dr Paul Hokemeyer, a relationship and family therapist. “When we experience fear, the primitive part of our brain causes us to steer clear of danger.” So treat boldness like a muscle you need to exercise as often as you do your quads, says Hornsey. “Practice being different. Let the potential for embarrassment wash over you, and eventually you’ll realise it’s okay.”

► **YOUR REBELLION** Demonstrate fearlessness in ways she’ll never forget: hop the fence some night to go skinny-dipping at the local pool, or have sex in your office after hours. Even little moments can leave a deep impression, says *MHUS* sex adviser

Dr Debby Herbenick, who recalls the way a man once flirted with her on a plane. “After we’d been talking awhile, he got up to use the restroom. He took off his headphones and slipped them over my ears without even asking. It was bold and sexy, and it’s never left me. If I hadn’t had a boyfriend, I would’ve said yes when he asked me out.”

4

Declare War on Boredom

Most people are prone to falling into dating routines, says Dr Dan Ariely, a psychology professor at Duke University and the author of *Predictably Irrational*. That’s just the way we’re built. And over time, these outings become less satisfying. “Our brains quickly adapt to things,

and then we don’t react as strongly to the triggers. They become a form of white noise,” Ariely says. But when you and your date are sharing a new experience, there’s a spirit of adventure that naturally makes you seem more excited, he says. And that positive energy could rub off on your relationship.

► **YOUR REBELLION** Three words: restaurant bathroom sex, says Herbenick. “Duck into a closet or bathroom with her and slip off her underwear.” There’s a good chance she’ll enjoy shaking things up. A 2013 survey by the sex info site Good in Bed found that 28% of women were bored in their relationships, and another 25% were on the “brink” of boredom. If the restroom stall at Olive Garden fails to rev things up, you could go simpler: on your next airline flight, drape a blanket across your laps and engage in some playful fondling, suggests Herbenick, whose air travel adventures are apparently more interesting than ours. See how close you can get each other to climax – without actually arriving there. Save that for the hotel room shower after you check in.

Men's Health REFINE & DEFINE: EARN YOUR ARMOUR

Get fitter, better and faster at our
exclusive workout sessions

Powered by:



Build your team and train hard to take part in
the Under Armour Skywarrior challenge!

Under Armour Skywarrior Challenge

Format: 6 gyms, 5 sessions. 6 teams to prepare for
the Under Armour Skywarrior obstacle challenge!

Dates: 17 Nov, 24 Nov, 1 Dec, 8 Dec, 15 Dec (Tuesdays)

Time: 6PM – 8PM

Pax: 30 (5 pax per participating gym)

Participating gyms: (gyms will be chosen at random for each participant)

1. Fuel Athletics
2. Elements CrossFit
3. PFC
4. Monarchy MMA
5. Honey Badgers
6. District Thirteen

Interested in being part of the team?

Tell us why you would like to be a part of the Men's Health Refine & Define team.

Send your answers and full details (name, IC no., and mobile) to
marketing@mens-health.com.my.

Once selected, participants must be able to attend ALL workshop sessions
to be qualified.

Closing date: 9 November 2015

Skywarrior Challenge prizes:

Prizes to be won from Re-Claim Insurance and GoPro!



An exclusive
goodie bag
awaits all
participants:

- Huios meal
- Under Armour merchandise
- Men's Health & Women's Health magazines



#MHRefineDefine

Visit mens-health.com.my to register

Bario Highs

Sarawak's Bario Highlands are a remote and enchanting place, as Steve Thomas discovers

TUCKED DEEP AND HIGH IN THE jungles and mountains of innermost Sarawak are the near-mythical Kelabit Highlands, a remote plateau surrounding the tiny outpost of Bario.

For too long this picture-postcard land was almost inaccessible, served only by marathon-length longtail boats and muddy overland jungle journeys. Even now, getting to Bario is an adventure in itself.

Bario struts tall at an average altitude of 1,000m. It is a cool and calm place, free of central electricity and water, and has very little in the way of outside pollutants. The region is home to some of the finest jungle treasures in Malaysia, as well as the resident Kelabit people – once famed for their lengthened ears – and the nomadic Penan tribe.

Getting here takes something

of an effort compared to other regions of the country, but with that investment comes great returns. It's hard to put a label on this place: it is the very best of old Borneo in many ways yet it is so advanced in others. Bario has this addictive and magnetic appeal – a lure which may not even be apparent at first, but will definitely tug at you upon reflection.



TRAIL MASTER

PADDLES UP

Just out of Bario is the small and winding Daphur River where a Canadian and his local wife have set up a small river-kayaking tour operation. The location is fairly off-piste; bookings and enquires are taken via local guesthouses. There are also a poster and details at the



Kayaking – one of many activities to partake in Bario

tiny airport in Bario.

PEDALS DOWN

There is some decent road and dirt (short) road riding around Bario, although it can be very muddy at times. The best option is to ride out

to the smaller villages where it is possible to stay overnight in basic homestays. Local maps detail these routes for trekkers, but work on covering the ground three to four times more quickly. There are some basic bikes available locally to rent.



HIGH STRIDES

Bario offers some of the most fascinating scenic hiking in all of Sarawak. There are endless day hikes out of the village, as well as several multi-day options, which can be done solo or with guides to keep you on track. There are several homestays and welcoming longhouses in the villages, which make for great and easy place-to-place treks.



ESSENTIALS

Bario is a small but surprisingly well-developed village with several smaller villages surrounding it. Night-time generators or solar power supply electricity, and there is free Wi-Fi at the airport and around the small market area. Take



Get up close and personal with the wilder side of East Malaysia

everything you need with you; there are a few small, basic stores, but that's all.



WHERE TO STAY

If you do your own thing, expect to pay anywhere from RM75 to RM100 a day for a room and meals (rooms from RM25 per person).

Check out ebario.org for a general listing or email engimat.scott@yahoo.com for details of the Ngimat Ayus Homestay, which has great food and views, and two decent rental bikes. Kayaking can also be arranged through the owner, or call the number on the airport wall upon arrival.

Visit junglebluesdream.weebly.com for details of the local art galleries and guesthouses.



GETTING THERE

Travelling to Bario can be a challenge as there are just two flights a day, 38 seats in all. You need to fly to Miri and then take the MAS Wings connecting flight to Bario. Luggage space is also

very limited, so travel light and compact (15kg maximum checked luggage; bikes are not possible). Visit maswings.com.my for more information.

Arranging a package through an agent makes good sense – go to borneoadventure.com to find out more.

It is possible to get to Bario by travelling overland, but it's a long journey via logging trail (which has no facilities along the way), and can be near impassable during the wet season. Though if you're up for a serious adventure, it is doable!



WHEN TO GO

The rainy season is between October and February, so it's best to visit outside of this time. Flights and rooms can be harder to find, especially during the holiday period in July.



camel active MENSWEAR AUTUMN/WINTER 2015/2016 TRAIL TO BALANCE

The *camel active* bags "Trail to Balance" Autumn/Winter 2015/16 Collection is characterised by the mix of different materials with clean designs.



In this season, the overall look of the *camel active* bags focuses on subtle details. Washed looks are purposefully used, and the colours, which are mostly tonal, support the reduced approach.

camel active offers the key pieces of denim series made of crinkle nylon with denim and absolute eye-catchers with the evenly structured surfaces. Together with straps and appliques form a colour contrast and provide extra design accents.

For further inquiry kindly visit any *camel active* Shops, all leading department stores and major fashion retailers in Malaysia.

The 30 Second Fat Blaster

Gianni Subba's the flyweight winner at this year's ONE Championship. Check out his high intensity circuit training programme here for maximum fat loss and pick up a couple of pointers on how to lose your gut

GIANNI SUBBA'S NO STRANGER TO THE MALAYSIAN MMA SCENE. HIS FIGHTING career's grown by leaps and bounds since going professional in 2012, and his most recent claim to fame is winning this year's ONE Championship fight over Almiro Barros by unanimous decision.

The flyweight champion's helped us come up with the unique weight loss programme on these pages. "The moves for these programmes are special. They're what I do for MMA and if you add them all together, you get a circuit programme that helps improve your skills."

Go ahead and try them out – you might just walk away a winner like Subba.

EXECUTING THE 30 SECOND FAT BLASTER

Do all six exercises listed here as a circuit without taking a break between the different moves.

Perform as many reps as you can for each exercise listed here within 30 seconds.

Rest for only one minute complete four to five circuits for maximum fat loss.



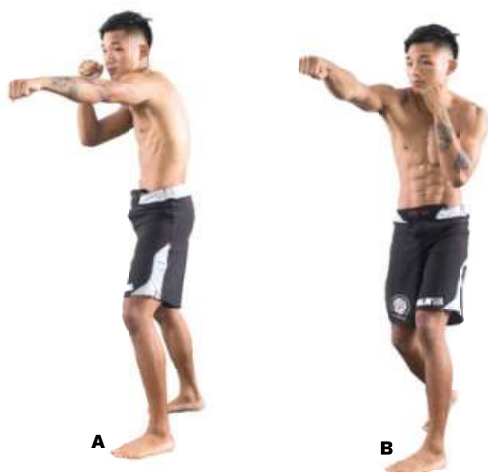
1/ Alternating Jumping Knees

Stand slightly sideways with your left foot forward and right foot back. Keep your arms up in a fighter's stance [A]. Leap and bring your right leg forward in mid-air [B]. Land with your right foot and arms slightly forward [C].



2/ Technical Get Ups

Sit on the ground with your legs straight in front of you and arms at the sides, palms on the ground [A]. Pull your left leg in until your foot is flat on the ground and lift your left arm up, palm facing forward [B]. Get up with your right hand and push your right leg back. Keep your left arm straight and the palm facing forward [C]. Ease yourself into a fighter's stance [D].



A

B



C

D

3/ Shadow Boxing

Spend 30 seconds shadow boxing, alternating between a series of jabs, crosses, hooks, knee kicks [A] to [D].



A

B



C

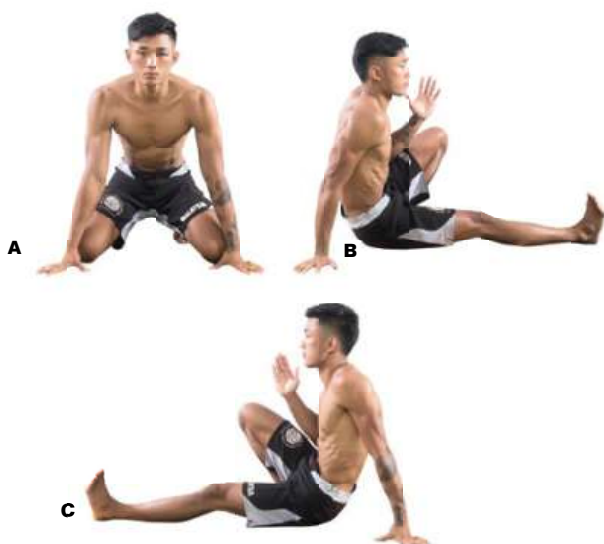
D

4/ Sprawls to Strikes

Stand with your feet shoulder-width apart and lean forward slightly with your

[C]

1
s



A

B

C

5/ Sit Outs

Start with a crouching position [A]. Twist your body to the right: bring your left leg forward in a straight line and support yourself with your left palm. Keep your right foot on the ground and your right elbow close to the side with forearm pointed upwards, palms open [B]. Alternate the movement to the opposite side [C].

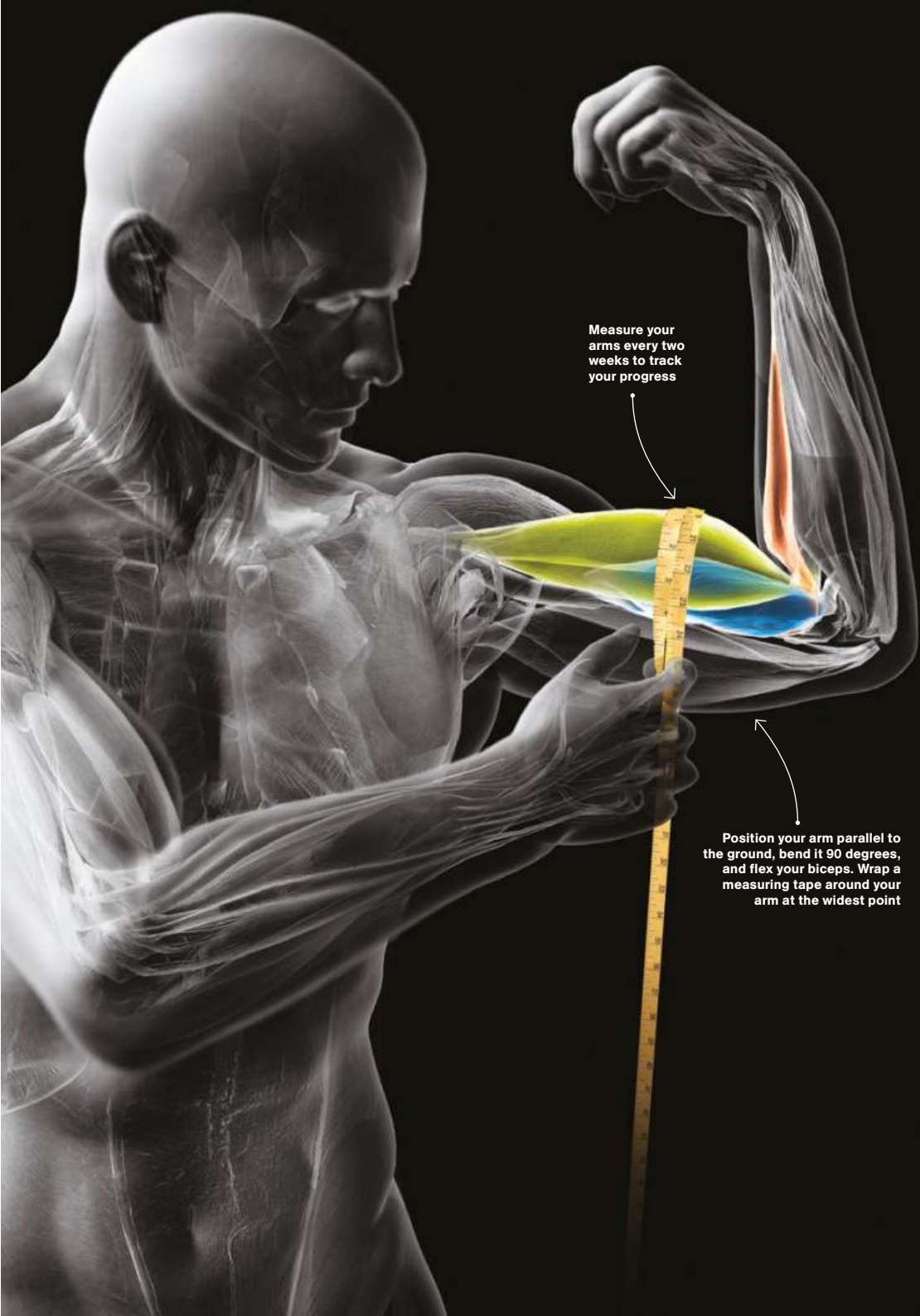


A

B

6/ Hollows

Start by lying flat on the ground, with your arms to your sides [A]. Raise your legs and arms up, keeping your toes and fingers pointed towards the ceiling. Hold the position for 30 seconds [B].



3 Steps to Bigger Biceps

Stretch the limits of your shirtsleeves by learning a completely new way to sculpt your arms

WITHOUT EVEN LOOKING AT YOU, we're fairly certain that your arms aren't as big as they could be. How can we be so sure? Because nearly all men – seasoned lifters included – make one critical error when working their biceps. “Most guys approach their sets backward,” says Dr Chad Waterbury, a physiologist in Santa Monica, California, and the author of *Huge in a Hurry*. “They lift so that the hardest part comes at the end of the set. But to hit your largest muscle fibres, which have the greatest growth potential, the toughest part needs to come first.”

The Science of Swole

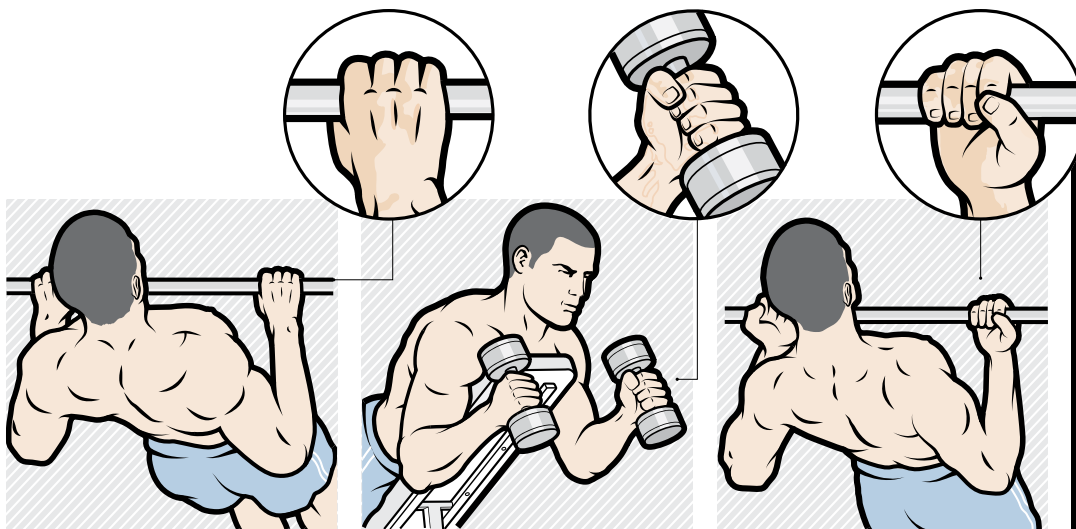
Whenever you contract your biceps – whether you're lifting groceries or curling iron – your muscle fibres are recruited in an orderly fashion from smallest (type I) to largest (types IIa and IIb). “And those big type II fibres respond only to high levels of force,” says Waterbury. “So if you're lifting slow and steady – as you do when you fatigue at the end of a set – all you do is exhaust your smaller fibres.” Your larger, more powerful ones never come into play.

The Big-Arms Breakthrough

“Front-load your sets, exerting maximal force when your fibres are fresh,” says Waterbury. You can apply this principle to boost growth in any muscle, but you have to tailor it to your target. For biceps, high-tension isometric exercises work best, he says.

In practice, that means starting each set by holding the hardest part of the move – the top of an inverted row, for example – and then banging out a handful of regular reps. Waterbury knows that hitting “pause” bucks conventional wisdom – that to grow big you have to lift big. His reply: “Rings gymnasts have the biggest biceps on the planet, and holds are all they do.”

Try it by adding one of the moves on the next page to each of your weekly workouts for six weeks. “You'll hit your biceps,” he says, “and also your brachialis [beneath your biceps] and your brachioradialis [in your forearms], optimising your overall growth potential.”



Monday/ Inverted Row (overhand)

► MUSCLES TARGETED *biceps brachii* and *brachialis*

Secure a bar at waist height and hang below it at arm's length using an overhand, shoulder-width grip. Your body should be straight from head to ankles and your heels on the floor. Pull your shoulder blades back, and then pull with your arms to lift your chest to the bar. Hold this position for 5 seconds, squeezing your biceps as hard as you can. (Imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do 5 fast reps. Rest 10 seconds and repeat; this time hold the top position for 4 seconds and then do 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Do 3 sets total, resting 3 minutes between them.

Wednesday/ Decline Hammer Curl

► MUSCLES TARGETED *biceps brachii* and *brachioradialis*

Grab a pair of dumbbells and lie with your chest against a bench that's set to a 70-degree incline. Let the dumbbells hang at arm's length with your palms facing each other. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Hold this position for 5 seconds, squeezing your biceps as hard as possible. Now perform 5 fast reps. Rest 10 seconds and repeat, this time holding the top position for 4 seconds and then doing 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Complete a total of 3 sets, resting for 3 minutes between them.

Friday/ Inverted Row (underhand)

► MUSCLES TARGETED *biceps brachii*

Secure a bar at waist height and hang below it at arm's length using an underhand, shoulder-width grip. Your body should be straight from head to ankles and your heels on the floor. Pull your shoulder blades back, and then pull with your arms to lift your chest to the bar. Hold for 5 seconds, squeezing your biceps as hard as possible. (Again, imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do 5 fast reps. Rest 10 seconds and repeat; this time hold the top position for 4 seconds and then perform 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Complete a total of 3 sets, resting for 3 minutes between them.

WORK BOTH SIDES

IF YOU WANT BIG GUNS, YOU CAN'T FORGET YOUR TRICEPS

They account for more than two-thirds of your upper-arm mass. "Each triceps muscle has three parts, or heads," says Tyler English, author of *The Natural Bodybuilding Bible*. "The close-grip bench press hits them all." Place your hands 8 to 12 inches apart on the bar. Do 3 sets of 8 reps once or twice a week.

"MOST GUYS TEND TO APPROACH THEIR SETS BACKWARD, WITH THE HARD PART AT THE END. BUT TO HIT YOUR LARGEST MUSCLE FIBRES, IT NEEDS TO COME FIRST"

MAXIMISE YOUR MUSCLE

RECRUIT LARGER FIBRES, AND YOU'LL GROW BIGGER FASTER

1/PARTIAL ACTIVATION
Most traditional set-and-rep schemes (3 sets of 10 slow reps, say) engage only the smaller, endurance-focused fibres concentrated near the center of the biceps.

2/FULL ACTIVATION
Adding an isometric hold to the start of each set generates enough force to engage your full spectrum of fibres, including the large type II fibres found on the periphery of the biceps.

THE TOTAL CLINIC SOLUTIONS FOR MEN

Clique® Clinic & Clique® Aesthetic bestow you the power to always look and feel great



FACE

FACE SCULPTING

Lift the Face

Think of your face shape as an inverted triangle where the base of the triangle is in the cheeks and the point is at the chin when you are young. As time goes by, it inevitably succumbs to forces of gravity and turns upside down. While invasive cosmetic surgery used to be the only answer to reverse this ageing process, technology has evolved to the point that you're now able to reverse the effects without having to go under the knife. And here are the highly effective and sought after procedures:

- **Long pulse laser lifting**

Gentle heating of water in tissues can result

in skin tightening and improvement in rhytides. Heat will stimulate collagen remodelling and improve skin laxity.

- **High frequency focused ultrasound**

Targets deep tissues in the dermis and Superficial Muscular Aponeurotic System (SMAS) to produce immediate face lifting effect and promotes regeneration of elastic fibres of the skin.

- **Botulinum Toxin**

Botulinum Toxin (BTA) works by relaxing and therefore preventing the contraction of your facial muscles. BTA can be used to shrink the size of certain muscles of the face, most notably the

jaw muscles, to create a slimmer jawline appearance and restore youthful triangular shape of the face.

- **PDO thread lift**

Fine polydioxanone threads (PDO) are soluble medical grade threads mainly used in surgery. PDO inserted into the skin will relax muscles and tendons and also stimulate collagen production.

- **Facial augmentation with fillers**

Placing hyaluronic acid fillers in the right places for facial reshaping is an art form in itself. In the hands of an experienced aesthetic doctor, the use of fillers can do wonders to lift your face and make you appear years younger.

THE CLIQUE TEAM



The Clique Doctors is here to make you look good and feel good. Dr Tingsong Lim (middle), leads the team of talented doctors expert in Men's Health and Aesthetics. Dr Tingsong Lim graduated from Tohoku University School of Medicine under the Japanese Government Scholarship (Monbusho Scholarship) and practiced both in Japan and USA before returning to start his practice here in Malaysia. Dr Bob Klajo John (left) graduated with an honours degree in Bachelor of Medicine, Bachelor of Surgery and Bachelor of Obstetrics (MBBCh BAO Hons) from the National University of Ireland. He later pursued his Postgraduate Masters of Science (MSc) in Medical Aesthetics, Anti-aging and Regenerative Medicine at UCSI University. Dr Nigel (right) graduated with first class honours in Medical Degree at First Moscow State Medical University, Moscow in 2011. He is a member of American Academy of Aesthetic Medicine (AAAM), USA and has obtained his diploma of AAAM in 2015.



 **coolsculpting**

ZELTIQ COOLSCULPTING®

CoolSculpting's unique technology uses controlled cooling to freeze and eliminate unwanted fat cells without surgery or downtime. The procedure is FDA-cleared, safe and effective. The results are lasting and undeniable.

PROVEN RESULTS WITHOUT SURGERY

Renowned Harvard University scientists, Dieter Manstein, MD and R. Rox Anderson, MD, observed that some children got dimples due to eating popsicles. The idea that cold can selectively affect and eliminate fat cells without damaging the skin or surrounding tissue was the insight behind Cryolipolysis®, the proven science on which the CoolSculpting procedure is based.

BODY

BODY SCULPTING Strip the Fat

It goes without saying that if you want to transform your physique, you've got to be willing to undergo the right workout routine and diet. Some individuals may find it easier to shed excess weight, but others may face a more uphill climb in their journey.

Despite intense efforts via exercise and diet, you may still find stubborn deposits of fat around your lower abdomen, spare tyres, muffin tops and love handles; they don't just stop you from showcasing your six pack abs – they chip away at your self-esteem too, stopping you from being the man you could be.

Thanks to Zeltiq CoolSculpting®, you can now freeze and eliminate unwanted fat cells without surgery or

downtime. Involving very specific and highly specialised body assessments, it reduces the number of fat cells in treated areas as opposed to minimising their size. What you get from this non-invasive procedure is the coveted "spot reduction", which is nearly impossible to achieve through exercise and diet alone.

With Zeltiq CoolSculpting®, you'll be able to effectively target existing fat cells in treated areas. Unlike weight loss surgery or other non-surgical weight loss programmes, Zeltiq CoolSculpting® results are lasting as eliminated fat cells are gone for good – fat cells that aren't there can't get expand. The innovative procedure enables you to target areas with stubborn fat that are resistant to diet and exercise, letting you achieve the ideal body shape you deserve.

clique
CLINIC

clique
AESTHETIC

Tel: 03 7960 1211

Email: care@cliqueclinic.com

Website: www.cliqueclinic.com, www.cliqueaesthetic.com

Facebook: www.facebook.com/cliqueclinic



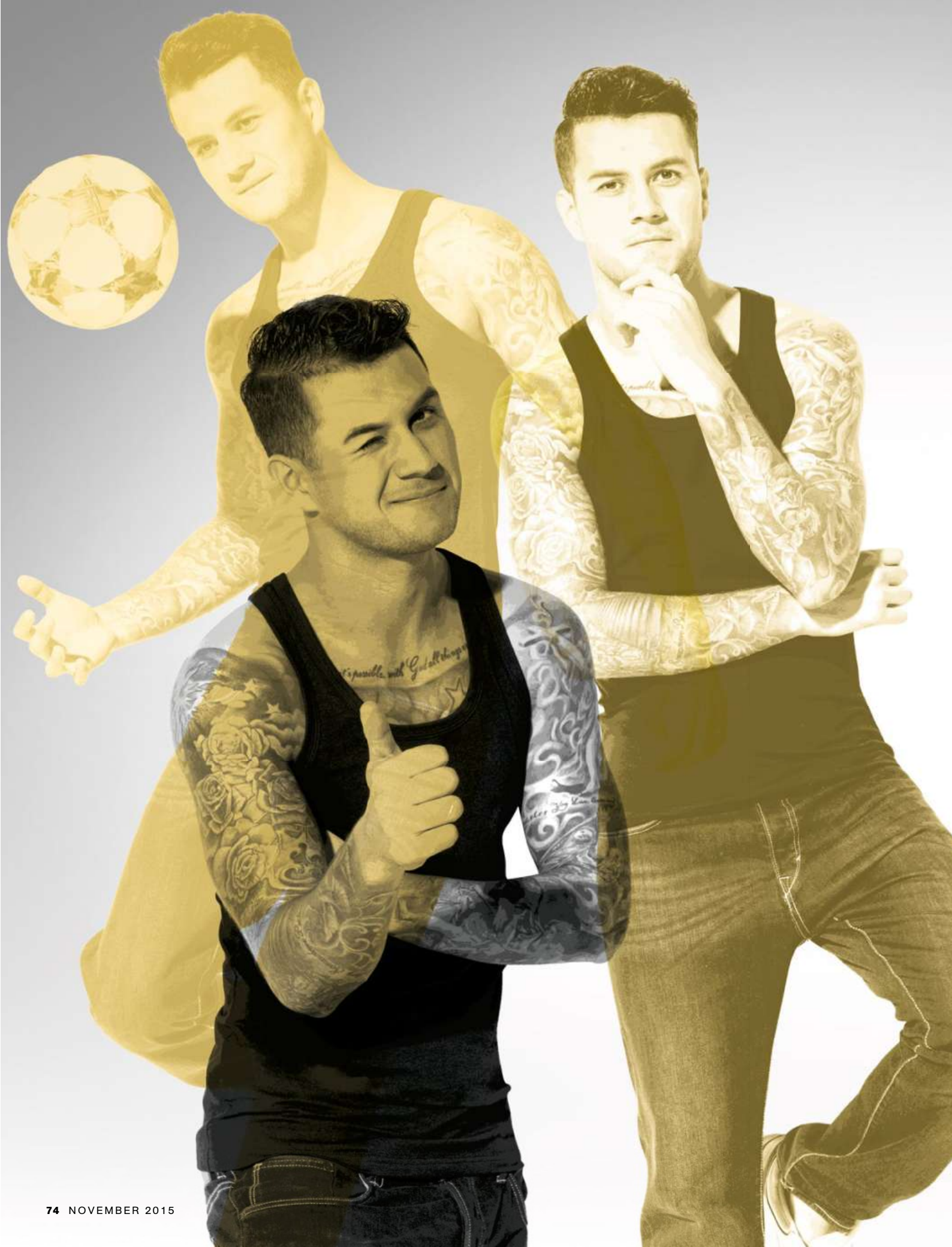
WORDS ANIS TAUFIK PHOTOGRAPHS DELVIN XIAN/IMAGEROM GROOMING JOEY YAP (MAKEUP) AND ANGELINE LOW (HAIR)

NO MATCH TOO JUNIOR

Junior Eldstål's the golden boy on Johor Darul Ta'zim FC. Discover how he adopts game play tactics in life and how you can follow his lead

JUNIORELDSTÅL'S ENTRY INTO THE MALAYSIAN FOOTBALL SCENE IS THE stuff of legend; his league debut with Sarawak FA saw the football club soar through an undefeated winning streak, enabling them to win their first premiership domestic trophy for the first time in almost 16 years. Currently signed on with the exclusive Johor Darul Ta'zim FC, the defensive midfielder discusses the challenges he faces on a day to day basis and how you too can power through obstacles.





CONFLICT RESOLUTION 101

"I've never been the guy to argue with anyone. I don't like arguments or conflicts," Eldstål is offering an insight into how he handles detractors and critics, when he reveals his modus operandi: he's got no qualms about being the bigger man and walking away. It's not about winning or losing – it's about keeping a firm hand over your cards and choosing your battles wisely. "If they want to say something, I'll just let them say it. I'll ignore them and keep my mouth shut." Don't be fooled into thinking this as a sign of passivity; Eldstål's just chosen to rise above the pettiness and suggests that you follow suit, "Be a bigger person and don't react to the stupidity."

He adds that managing your own expectations and how you respond to certain people or situations are a big part of keeping conflict and tempers in check. Case in point: "If you know someone's going to be difficult, you should keep your distance." He's not one to discredit open, truthful communication, but he understands just a little too well the value of giving people space. "If you know someone doesn't respect or like you, you don't have to always ask what's wrong. Just leave them be; maybe in time, you'll end up being friends."

Eldstål's talking first hand off his experience from his early days in Malaysia, "I found myself very alone. I couldn't speak Malay, other players looked at me differently and no one wanted to share a room with me even." Instead of wallowing in self pity or questioning when the other guys would let him in, he threw himself into practise and made an effort to learn Bahasa Malaysia. "I eventually got a local player as a roommate and made sure I learned Malay. I was always listening to the players and training and asking how to say things – I ended up becoming fluent and it's made things 100% easier." The situation today is a complete 180; Eldstål's formed a tight bond with his team

mates and they're all close friends. "I just let them do their own thing and in time they ended up respecting me."

WINNERS DON'T TAKE DAYS OFF

Here's a constant theme you're bound to come across when flipping through self improvement modules: you've got to have a solid work ethic if you want to achieve your goals. "There's this one saying, 'Take no days off' from the *How Bad Do You Want It?* video by Eric Thomas and Giavanni Ruffin. I always get fired up when I watch that video and start training." Eldstål opens up about how he trains and his personal take on what it means to be a professional football player, citing it's really about how much effort you're willing to put in to get the results you want. "You have to be the first to training and the last to leave. To be honest, I don't think I'm the most gifted football player, but what sets me apart from anyone else is my determination and hard work. I know for a fact that I work harder than any player I know or anyone competing." But before you get all gung-ho and decide to move into your gym in an attempt to beat your personal best, hear what else Eldstål's got to say on this topic, "It's not only on the pitch, it's your diet, even what you do before the game." The training aspect is but a small component that contributes to a player's overall success, he points out. "You've got to be practical. Don't go out for dinner till 11pm, sit in mamak shop or whatever the night before a match. Stay at home, have a good meal and get a good amount of rest."

THE WARRIOR'S PATH

The hero's journey is one marked by trials and tribulations. Eldstål confesses that the biggest mistake he'd made in his career was choosing to continue playing in spite of injury in 2013. "In my second season with Sarawak, I had a slipped disc. I stupidly played nearly every game of the season instead of trying to get to rehab or

saying no." The man's refusal to take a step back stemmed from an innate desire to prove himself. "At the time, there was a lot of pressure from the club to make me play. I played through despite my injury and ended up getting a lot of criticism because my performances weren't as well as they were first season." Things came to a boiling point and Eldstål ended up going for an operation at the end of the season. Though he made a complete recovery and came back stronger after extensive rehabilitation – he proved his prowess by turning the tide in a 3–2 win over the Malaysian Armed Forces – the setback cost him the opportunity to represent Malaysia in the 2013 SEA Games. "My biggest regret was to play through injury. I've learned from that now." The Eldstål today is more in tune with what his body's telling him and thinks twice before pushing himself to the limits. "When I feel an injury or something, I know I've got to get treatment and not play on. I make sure I'm fully recovered and am fully fit for the games."

LIONS MOVE IN PACKS

Quick biology crash course: birds of a feather flock together. According to Eldstål, the company you keep can make or break your chances of success. "You have to surround yourself with people who are on the same mission as you. You don't want another friend distracting you from what you're doing. It's important to have a pack of lions together." He elaborates on how vital it is to have supportive friends and be in a healthy environment, "I've learnt in my life that you don't need anyone or anything that's negative. You really don't need negativity. Just stick to people who are positive – they can lift you up." He reflects on the steep learning curve life has taken him on, one compounded by the ultimate decision to relocate

BEING A MAN IS NO MEAN FEAT. STEP UP WITH ELDESTÅL'S GUIDELINES ON STAYING CLASSY AND UPGRADE YOUR SENSE OF STYLE

MEN WEAR PINK

"I'm really into my fashion; I follow quite a few fashionistas on Instagram and I like to go to Fashion Week when I can. If you look good, you'll feel good. To find your own style, you've got to wear what you feel comfortable in – that's the most important thing. I feel comfortable in tight jeans, but it's not something for everyone. Be willing to try new stuff too – I'd wear a pink shirt, for sure."

THE GENTLEMAN'S CODE

"The term being a gentleman has gone out the window quite a lot in recent times. It's not just in how you present yourself by being well-mannered and dressing right – it's how you treat other people. Even if you're having a bad day, there's no reason to shout at someone else. And how men treat women is important as well."

A SLICE OF HUMBLE PIE

"I come from a modest family. My dad's really modest; he's always talking about being humble and treating everyone the same. I don't look or treat anyone differently. Everyone has their own stories. What I do or how much I learn doesn't reflect anything. We're all humans – we should learn to respect each other."

WHY SO SERIOUS?

"If you don't have a sense of humour, you're going to be angry every day and not enjoy life. I don't take myself too seriously – I've done so many stupid things, especially in training. My friends take the mickey out of my fashion sense too and I just laugh at myself. It's fine, you know."



to Malaysia for his career, “With age, you grow apart from certain people and start to realise who’s really been there for you since day one. Moving so far away from home opens your eyes to the ones you’ll keep in contact with, and who’ll actually come out to visit.”

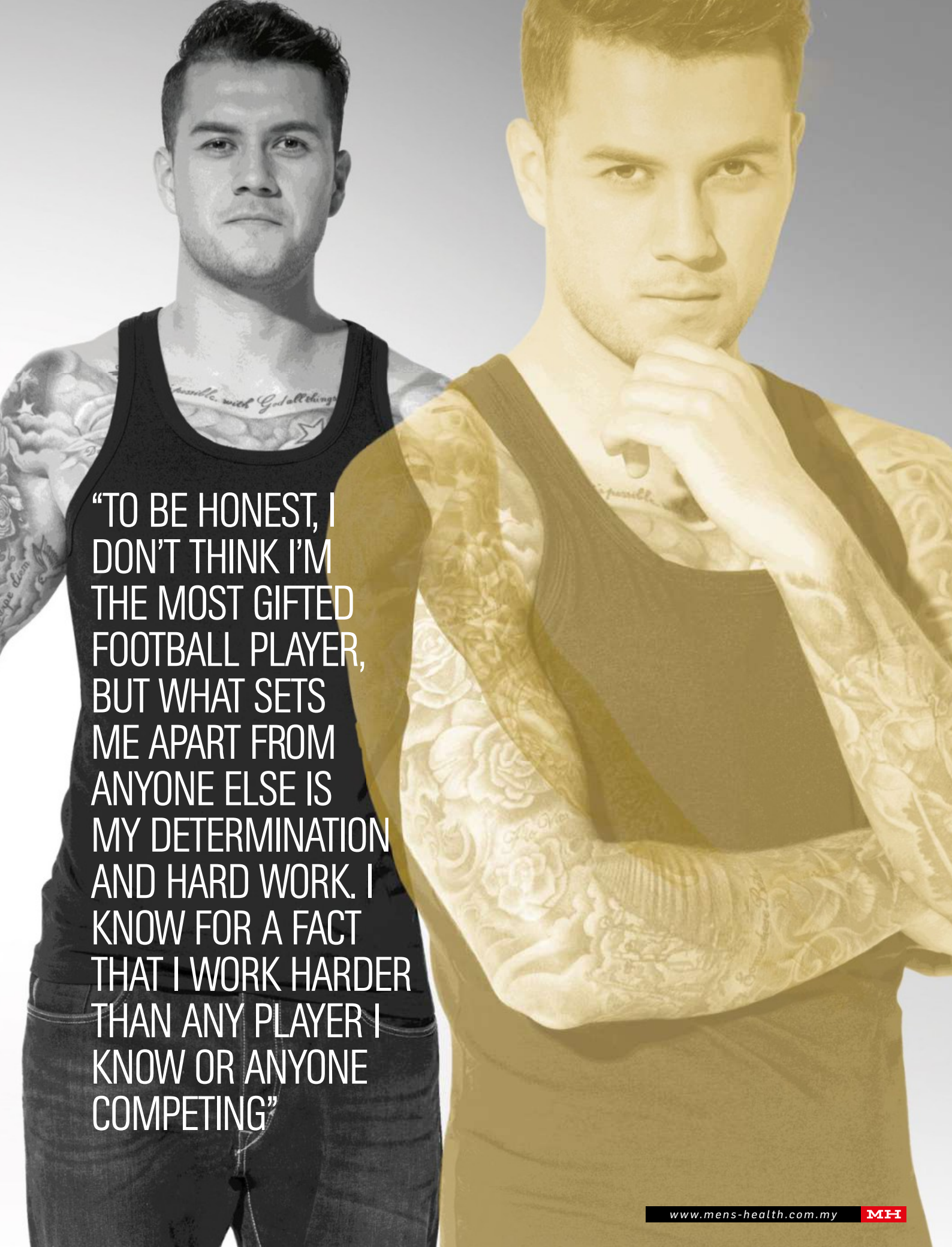
FUEL FOR YOUR FIRE

Blokes, let’s establish a few facts: your body is not a bank account that crunches calories day in and out. Think of it as a biochemical lab instead, home to complex chemical interactions and physiological changes. Or as Eldstål puts it bluntly, “Your body is your engine.” The diet you follow is the key element to your performance in any sports you do. “What you fuel your body is how your body performs,” he emphasises before lamenting a stereotypical Malaysian attitude

towards nutrition, “People think they can eat nasi lemak, go training and do well...but you’ve got to fuel your body correctly for anything you do.”

Eldstål goes on to point out that it’s important to find a sense of balance and moderation in everything you do. “If you work hard, you gotta play hard as well. I like to go out and enjoy myself.” But don’t take these words as a license to paint the town red for a night of debauchery. Eldstål warns against excessive indulgence, noting that it could jeopardise your job if left unchecked, “You gotta stay professional, you know. Don’t turn up to your job late or drunk.” The top player shares that although he enjoys a fun night out if his schedule and commitments permit, he always strives to stay grounded when it comes to training regimes and match days. ■





"TO BE HONEST, I
DON'T THINK I'M
THE MOST GIFTED
FOOTBALL PLAYER,
BUT WHAT SETS
ME APART FROM
ANYONE ELSE IS
MY DETERMINATION
AND HARD WORK. I
KNOW FOR A FACT
THAT I WORK HARDER
THAN ANY PLAYER I
KNOW OR ANYONE
COMPETING"

FOUR TIMES THE MANIA



TAJANG JINGGUT

Ecologist Tajang Jinggut was picked to join the three men through a walk-in audition back in March. You can be sure to learn a thing or two about the relationship between plants, animals and their environment from him. "I'm always on the lookout for an adventure and naturally I couldn't turn down the opportunity to explore Thailand, Cambodia and Vietnam in a 4 x 4," said Tajang.



BRYAN LIM

Fine art photographer Bryan Lim is beyond thrilled. Being an exploratory photographer, he sees this as a huge opportunity for him to build his portfolio. And you're going to be able to see the world through his lenses. Bryan is feeling anxious and excited. He's not travelled this way before, so he's worried about safety yet excited of the adventures that lie ahead.

Get ready for an action-filled adventure with four of Malaysia's most capable men

Four By Four, a new adventurous travelogue TV programme hosted by Malaysia's most prominent personalities from different industries – Josiah Hogan, Sufiz Allatif, Bryan Lim and Tajang Jinggut – takes the four men on an off-road adventure in Thailand, Cambodia, Vietnam, and of course our home country Malaysia, in none other than the all-new Isuzu MU-X SUV.



JOSIAH HOGAN

Rock star, actor and model Josiah Hogan is no stranger to the entertainment industry, albeit this is his very first time hosting a show – an incredible and action-packed one no less. He's excited about exploring the different cultures but at the same time, as he puts it: "I'm worried as well because you never know what will happen in the woods."

Apart from exploring the artistry of each country and their diverse traditions, the four men also bring hope and joy to the locals with Project Hope – a humanitarian mission initiated by 8TV. So sit back and witness how these men put their physical and mental capacities to the test while doing some good for the people. *Log on to go.8tv.com.my/fourbyfour/ for more about Four by Four.*

SUFIZ ALLATIF

Cooking in the kitchen is one thing but whipping up meals in the wilderness is another. Celebrity chef Sufiz Allatif is the person the guys have to depend on to keep them well-fed during this expedition. You will want to hear what he has to say about the different types of food from the said countries. "I want to observe the various types of food they have," said Sufiz. "I hope to learn as much as I am able to teach."

Catch it on 8TV every Wednesday, 9.30pm. Also available on www.tonton.com.my and Channel 708.





25

**WAYS TO SAVE YOUR
MARRIAGE
(AND YOUR LIFE)**



Want to know the surprising thing? If you save the relationship, you'll save yourself as well. That's because the shaky superstructure of your health and wealth rests on the emotional bedrock of your marriage. To build a more perfect union, start here

EVEN HAPPILY MARRIED GUYS WONDER WHAT SORTS OF ITCHES THEY'D be scratching if they were to ditch the wife. Their "newly single" fantasy might include long, naked weekends with a Hooters waitress, but the reality is not nearly as provocative. As a divorced man, you are 39% more likely to commit suicide. Even if you don't kill yourself, you will die younger. And forget chasing tail; your mobility also suffers from singlehood. Oh, and yes, divorce crushes your finances: a study of divorced baby boomers found that a split slashed their wealth to less than a quarter of what they would've had if they'd never wed at all. So we've collected 25 tips that can protect you from the sickly, cash-poor, single life. Save your marriage before it's too late!

No.
01

Assume the Best Explanation for What She Did, Not the Worst

Think of an annoying thing she does that you regularly misinterpret. Psychologists call this a "maladaptive attribution." Then stop it. You can improve your marriage simply by thinking about it differently; choose the kindest possible interpretation for her actions instead of the ugliest.

No.
02

TAKE THE ZERO-NEGATIVITY CHALLENGE

How many days this month can you go without doing or saying a single negative, hurtful thing to your partner? Give it a try, suggest Dr Harville Hendrix, and Dr Helen LaKelly Hunt, who've written 10 books on relationships. You can strike sarcasm off the list too. In the words of Terry Real, the author of *The New Rules of Marriage*: "Sarcasm eats intimacy." Your words matter. Measure them.

03

A FOOT MASSAGE WORKS WONDERS; A HEAD MASSAGE WORKS MIRACLES

WORDS: LAURENCE ROY STAINS PHOTOGRAPHS: ISTOCKPHOTO

04

DON'T MAKE A COMPLAINT. MAKE A REQUEST INSTEAD. (POLITELY!)

05

WRITE HER A LETTER – ON PAPER

A UNIVERSITY OF DENVER STUDY OF SOLDIERS FOUND THAT EXCHANGING LETTERS WITH THEIR WIVES HAD A MORE POSITIVE AND LONG-LASTING EFFECT THAN TEXTING DID.

No.
06

WATCH THIS SEX VIDEO

"Makeup sex" doesn't solve a fight, and latent anger can be a lust killer. Sit down together and watch family therapist Michele Weiner-Davis's TEDx talk "The Sex-Starved Marriage" on YouTube. Even if you're not exactly starving, this video can help stoke hunger now and forever.

No.
07

DON'T TRY TO FIX HER PROBLEMS – JUST LISTEN TO THEM

"Men are conditioned to solve problems and to protect the women they love," says couples therapist Dr Shiri Cohen, an instructor at Harvard Medical School. "This can backfire when all she really wants is to be heard," she says. "The next time your mate needs to vent or complain, just give her your open ears." If you think you do have a good solution, wait and bring it up later during a separate conversation.

No.
08

Sweat with Her, Then Hop in the Shower Together Later. It's Healthy!

For 20 years, Dr Thomas Bradbury, and Dr Benjamin Karney, of UCLA's Marriage Lab, followed more than 1,000 couples to evaluate the different ways partners support each other in their efforts to make important changes in their lives. Bradbury says he was amazed that the most common topic – coming up in about seven out of 10 couples – was that they wanted to change to a healthier lifestyle. Their book, *Love Me Slender*, shows couples how to work together to maintain healthy weights. A new large-scale British study seconds that: "Men and women are more likely to make a positive health behaviour change if their partner does too," the authors note.

No.
09

LOOK PAST HER FLAWS (DON'T TRY TO ELIMINATE THEM)

"Look above the things you find annoying or unpleasant," says Dr Douglas LaBier, a psychologist based in D.C. "Respond to the best qualities in her – which will always make her best side stronger."

No.
10

TELL THE KIDS TO SHUT UP WHILE YOU TWO "CONNECT"

"A measly 15 minutes," says Dr William Doherty, a professor of family social science at the University of Minnesota. These kinds of "connection rituals" hotwire your whole life together. So do it.

11

AS GO MOM AND DAD, SO GO THEIR KIDS. THE SOONER THE LITTLE MONSTERS UNDERSTAND THAT THEY'RE PART OF YOUR LIFE, NOT VICE VERSA, THE BETTER.





No.
12

ALWAYS LOOK FOR WAYS TO TURN “ME” INTO “WE”

Listen up as Monmouth University psychologist Dr Gary Lewandowski Jr., sets you (and her) straight with this not-so-obvious fact: “Research shows that people who see themselves as overlapping with their partner have better relationships. You begin to lose track of where one partner begins and the other ends.” Coach was right: it’s all about the team.

No.
13

RESPOND TO GOOD NEWS AND BAD

Your wife gets cool new responsibilities at work. How do you respond? Passively (“That’s nice. What’s for dinner?”), destructively (“Less time for me, right?”) or – jackpot! – actively and constructively (“Wow, let’s party!”)? According to UC Santa Barbara psychologist Dr Shelly Gable, positive responses reassure your wife that you’ll also support her when the news is bad.





15

COME
TOGETHER
ONLY
HAPPENS
ON ABBEY
ROAD.
RELAX. TAKE
TURNS.

No.
16

AUTONOMY IN A RELATIONSHIP IS GOOD

Neither of you should feel that you're being guilty or coerced into choices about the way you live. Researchers at the University of Houston found that couples who feel self-determined instead of trapped are less defensive and more understanding during fights.

No.
14

GO OUT TO THE MOVIES. THEN TALK AFTERWARD.

Dr Ronald Rogge, a professor at the University of Rochester, followed 174 committed couples for three years. Some of the couples received traditional marriage counselling, others received no special attention, and still others were instructed to watch relationship-focused movies each week and talk afterward. Watching flicks and getting counseling both cut the breakup rate by half.

17

EXPAND YOUR MATE'S IDEA OF YOU TWO...

IN ARUBA. OR ZION
NATIONAL PARK. OR
QUEBEC CITY. TRAVEL IS
A MATE REDEFINER,
WHICH MAY BE WHY YOU
ENJOY EXUBERANT SEX
IN EXOTIC PLACES.

7 REASONS TO FIX YOUR MARRIAGE—TODAY!

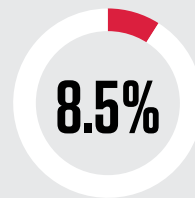
THINK STOCKS ARE VOLATILE?
HOW ABOUT YOUR RELATIONSHIP?
HERE'S HOW THOSE BUMPS MAY
MAKE YOU A LESS HEALTHY MAN.

Compiled by Lauren Del Turco

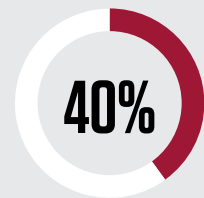


PEOPLE IN SHAKY MARRIAGES HAVE...

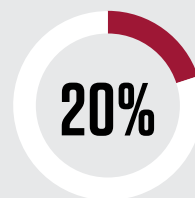
An Increased Risk
of Heart Attack



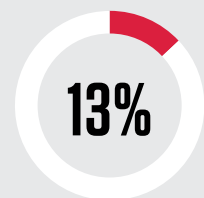
A Slower Rate of
Wound Healing



Higher Artery
Calcification

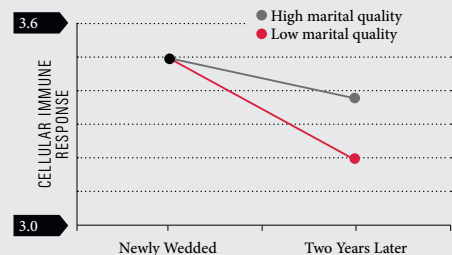


Worse Self-Reported
Health in Old Age

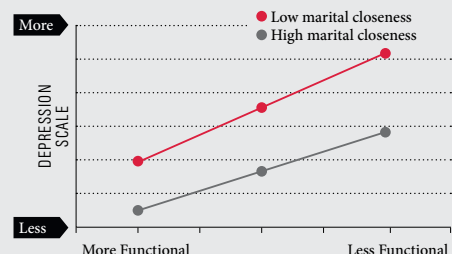


3.7X More likely to
develop a problem
with alcohol

Decline in Immune Function



Increase in Depression





18

**KEEP YOUR
VOICE
DOWN WHEN
YOU FIGHT. IT
MIGHT SHOCK
BOTH OF YOU
INTO BEING
MORE
REASONABLE.**

No.
19

**BANISH BORING,
PART 1: DO SOMETHING
BATSHIT AS A COUPLE**

Jet skiing? Hang gliding? Psychologist Dr Arthur Aron, and his colleagues at Stony Brook University and UC Berkeley have found that couples who engage in a novel activity together report much more marital satisfaction than couples who have merely "pleasant" date nights (that is, the same old routine). Okay, it doesn't have to be skydiving, says Aron; "it can be an art class." The point: bust your rut.



No.
20

Banish Boring, Part 2: Do Batshit Things with Another Couple

If you go on a double date and do something new that creates closeness among the four of you, says Aron, you've just quadrupled the excitement level in the room. That thrill is associated with your partner. "And that initial sense of exhilaration that comes from falling in love is reinvigorated," he says. Aron's theory: you're happiest when your mate expands your sense of who you are. So perhaps some time travel is in order. Remember when you two were young and the possibilities seemed limitless? Reengage with friends from that time, preferably ones who've been sweating together (see #8). Then push new boundaries as a group.

No.
21

ASK: HOW MUCH DO I HATE MY WIFE?

Be brutally honest. Oh, you love her? Next question: why am I so mean to her sometimes? Dr David Schnarch, coined the term "normal marital sadism" to describe the many ways we annoy our spouses on purpose. Stop the purposeful hurts, says Schnarch, and she'll "like you, want to have sex with you, and wish you well." Leave the snark and sadism behind, and you're onto something like the title of Schnarch's landmark book: *Passionate Marriage*.

22

BUY A LAMP TOGETHER (IT'S WORTH IT)

BELOVED, JOINTLY ACQUIRED ITEMS ARE CALLED "COUPLE MARKERS." THEY'RE A BAROMETER OF YOUR BOND. THEY HELP REPLACE "YOURS" AND "MINE" WITH "OURS."



No.
23

YOUR SACRIFICES ARE YOUR GIFT, NOT HER DEBT

It's called having a "communal relationship" with your wife. In such a marriage, sacrifices (yours and hers) are the gifts that keep on giving. Do something nice. Don't keep score. Both of you benefit.

No.
24

YOU KNOW HER—PUSH THE BUTTONS THAT PLEASE HER


In her terrific little book *Marriage Rules*, Dr Harriet Lerner mentions urging a client to come up with three things to do that he knew his wife would appreciate. You can do the same. Get started, smart guy.

No.
25

Practical Stuff Can Wait. Attend To Her Now.

Don't let the urgent (Bills! The office! The lawn! The Cubs!) get in the way of the important (steps 1 through 24 above). Remember: your financial, emotional, and physical health depends on a close collaboration with your wife. Make it a priority, or else. Now, care to revise your to-do list?

Have You Reached Peak Diet?



What began as an effort to take better care of your body might be having the opposite effect on your state of mind. Orthorexia – the unhealthy obsession with healthy food – is a dangerous eating disorder. And it's on the rise. MH's Dan Masoliver investigates how eating well could be doing you ill



A SQUEAKY-CLEAN DIET IS ALL WELL AND GOOD, UNTIL FOOD FIXATIONS START TO CONSUME YOUR LIFE. DON'T LET IT FESTER – CLEAR A LITTLE HEADSPACE

GO ON, MATE. ONE PIECE WON'T KILL YOU."

The words fill me with anxiety. Without a single forkful passing my lips, I can already taste the cloying guilt at the back of my throat. While everyone else tucks into their second slice of wedding cake, washed down with champagne, I stay soberingly hungry. Because where they see soft vanilla sponge layered with fresh fruit jam and buttery, melt-in-the-mouth icing, all I see is a toxic slice of gluten topped with 50g of gut-rotting sugar.

I haven't eaten all night. The starter: too salty. The chicken: dripping with a fatty sauce. The bread rolls: where do I start? I push the cake around on my plate, and long for the comfort of the Tupperware boxes occupying every inch of my fridge at home. The initial superiority I felt, as I smugly watched my friends stuff their faces with high-GI carbs, has waned. And as the night goes on, I consider that maybe the big fat joke is on me after all.

It began with the best intentions – an inter-office fitness challenge that called for a healthier diet. I cut out the foods I knew to be bad for me. But three months in and it's out of hand. Dining out is off the menu; the pub is a no-go zone; even weddings, like tonight's, simply result in an imperfect marriage of food and stress. My rules were meant to make me feel better; I look good, but feel much worse. And while I'm getting props in the weights room, I'm one unhappy gym bunny.

NARROWING VIEW

An unhealthy obsession with healthy eating: it sounds like a contradiction in terms – the least of our worries in a nation of swelling obesity rates. How can cutting out all the bad stuff ever be harmful? It repudiates the most basic principles of bro science. And yet psychologists and dietitians agree that this may well be the most wide-reaching, if least understood, dietary health concern affecting us today.

According to the experts, sufferers are most likely to be in their 30s, health-conscious and well-educated. For heavily filtered evidence, just scroll through your Instagram feed: hashtags like #eatclean and #fitfood abound, through which millions of users unashamedly share their photographs of joyless – borderline inedible – meals to gain validating likes from strangers. This is but one symptom of a most modern eating disorder: orthorexia. If you've ever experienced an anxious twisting in your stomach after eating

a cheese sandwich, or declined a dinner invitation on account of its impact on your "gains", you may well be afflicted.

Doubtful? Ask yourself this: when you're planning dinner, do you care more about the nutritional makeup of your meal than the taste? Do you have a mental blacklist of foods that you crave but won't touch? Does the thought of risking your friend's trademark spagbol fill you with unease (for the carb content, rather than their overzealous seasoning)?

If, like me, you answered yes to any of these questions, then what began as a desire to look after your body may have mutated into something more insidious. Though our expanding waistlines and related health issues steal the headlines, just as many of us are subject to forces of equal and opposite severity. "I would say that, in this country, orthorexia affects hundreds of thousands of people – maybe millions," says Deanne Jade, psychologist and principal of the National Centre for Eating Disorders. "The problem is growing because it's become socially acceptable – cool, even – to eat a quirky diet."

This quirkiness takes many guises, but all have one thing at their core: restriction. The paleo diet – no grains, legumes or dairy – is one culprit. But so is removing gluten or processed foods. Cutting foods from your diet on a whim is hazardous, not so much for the impact on your body as on your mental health. Like all eating disorders, orthorexia nervosa – to give it its full title – is primarily a problem of the mind. Case in point: a gym acquaintance recently attributed his underperformance on the bench to the BPA in food packets. Not, you know, the fact that he hadn't eaten carbs in three weeks. That doesn't exactly scream 'healthy body, healthy mind'.

Unlike most eating disorders, it is people like him, you and me who are most at risk – men, essentially, but especially those with an interest in fitness. Men who let their food go cold while they search the calories in MyFitnessPal or walk up and down the stairs to beat yesterday's step count. "Both sexes are susceptible for different reasons," says Ursula Philpot, chair of the British Dietetic Association's mental health group, "but men can get hooked on rules and regulations, and numbers and gadgets, very easily."

So you might be orthorexic, but the question remains: how can eating a diet consisting exclusively of healthy foods be bad for you? And if it is, where's the line?

Well, if you're trying to pick one out of a crowd, the orthorexic is the man with

Are You Orthorexic?

If you have concerns, take the Bratman Test. Answer yes to four or more and you need to relax your thinking around food. If you answer yes to all of them, talk to a mental health professional

Do you think about your diet plan for three hours or more a day?

Do you plan your meals several days ahead?

Is the nutritional value of your meal more important than the pleasure of eating it?

Has the quality of your daily life decreased as the quality of your diet has increased?

Have you become stricter with yourself lately?

Does your self-esteem increase when you're eating healthily?

Have you given up foods you used to enjoy in order to eat the 'right' ones?

Does your diet make it difficult for you to eat out, distancing you from family and friends?

Do you feel guilty when you stray from your diet?

Do you feel at peace with yourself and in control when you eat healthily?

The Restrictive Eater

Thomas Grainger[†], 21, student

When I was younger I was overweight. I absorbed as much information as I could about healthy eating and exercise, and I managed to lose the weight. But I quickly found that I started to become obsessive. I restricted anything

that I believed caused inflammation in the body. So I had no sugar, no gluten and no dairy. I even used to refer to them as poisons. If I knew that I was going to be around food of that nature, I would eat before, or eat afterward.

My list of

READ MORE ABOUT GRAINGER'S EXPERIENCES IN HIS BOOK *EATING DISORDER BOOK*. INFO

EATING DISORDERS AREN'T JUST FOR MODELS. IF DIETING DOMINATES YOUR WAKING THOUGHTS, SPEAK OUT BEFORE IT SPILLS INTO YOUR RELATIONSHIPS



“Men easily get hooked on rules, regulations, numbers and gadgets”

restrictions grew longer, and I started to get very anxious around food.

The only time I was comfortable was when I was cooking on my own. Even the process of shopping at the supermarket became exhausting, as I'd read the labels on everything to check the food didn't have added sugars, genetically modified ingredients or plant-based oils. I became evangelistic and tried to put these ideas in other people's

minds too. Eventually, they didn't want to cook for me because they thought that I'd judge them. I became the 'health freak' guy.

My weight kept dropping. I started to develop real health complications. I was later diagnosed with inflammatory bowel disease. My body just couldn't cope with the stress that I was putting it under. It was only when I made the decision to eat more flexibly that I managed finally to find a truly healthy, balanced diet.

the rippling six-pack and guilty conscience. “Given the choice, I'd rather not eat McDonald's,” says Jade. “But if it was the only thing available, I would. Whereas someone with orthorexia would have a great sense of anxiety. They would feel poisoned when it's inside them.”

EXTREME MEASURES

This acute guilt is something I know all too well. During my challenge, I would warm up one of my five pre-prepped daily meals every three hours. Combined, these met the precise daily macronutrient requirements that I'd calculated would give me visible abs (195g of protein, 240g of carbs, 80g

of fat, if you're interested). My evenings were spent meticulously weighing ingredients for the next day's meals. There was no leeway. Deviation resulted in guilt-induced insomnia and eye-rolling from an understandably unsympathetic girlfriend.

Gluten was out. So too dairy, sugar and booze. In fact, soon the list of restrictions was so long that eating with friends became a genuine source of stress. What if they forgot I couldn't have cheese? What if I succumbed to temptation and did something truly deplorable like eat a potato? It was either take my Tupperware with me, or take myself home. Physically, I was in the best shape of my life, but emotionally I was a wreck. I had become so obsessed with controlling my diet that I was constantly thinking about food. In other words, I had become orthorexic.

“Orthorexia begins when healthy eating starts to interfere with ordinary life,” says Philpot. “At Christmas, birthdays and weddings, people will eat certain sorts of food. If you can't join in because your healthy eating is such that you can't enjoy social occasions, go out for meals or socialise with other people, that is when it becomes problematic. When nutrition starts to become a larger chunk of your life and you start spending a disproportionate amount of your time planning and researching it, that's when we start to worry. It becomes obsessional.”

I turn to Russell Delderfield, researcher at the University of Bradford, who is studying eating disorders in men. How could my aspiration to make positive changes have turned into a burgeoning eating disorder? How can the ability to deadlift most grown men be rooted in an unhealthy mentality? After all, I tell him, it all started as a push to

get my body into the best shape of my life. But the damage, he says, started the moment I let my dietary decisions spill over into my relationships.

"You begin to withdraw from people because you can't eat with them; they can't prepare food the way that you need it prepared; they can't offer you the kinds of foods that you find acceptable. It even goes to the point of behaviours that you normally associate with anorexia, such as hiding food and disposing of it later, or avoiding any situation where there's exposure to unacceptable foods. That to me is more than just being on a fitness drive."

Delderfield was right. I was becoming alienated from my friends. And who could blame them?

I certainly wouldn't want to hang out with me. Psychologically, food dominated my thoughts and had a strangle hold on my emotional state. That much I was starting

to come to terms with. But nutritionally, it was hard to see why I should stop feeding myself what I had deemed to be a healthy diet. What was the physical harm? Anorexics can starve themselves to death; bulimics can do permanent damage to their internal organs. My diet, neurotic though it might sound, was ultimately healthy. Wasn't it?

DIRTY WORDS

The term orthorexia was coined almost 20 years ago by American doctor Steven Bratman, who was also the first person diagnosed with the condition. Bratman, moved by the scientific literature that was starting to emerge about the impacts of certain foods, decided to go on a health kick and made a concerted effort to let only nutritionally beneficial foods pass his lips. The more he read, the more he cut out, until he realised his diet had become so restrictive that he was actually

– to his surprise – causing physical harm. His healthy diet had started to make him sick.

"People think they're taking these squeaky-clean roads," says California-based Alan Aragon, the self-proclaimed Ron Burgundy of nutrition. "But there are things they're doing in terms of their food choices that are actually less nutritious than if they were being more flexible with what they ate, by which I mean including so-called 'naughty' foods." The problem, says Aragon, who has seen a dramatic rise in cases of orthorexia among gym-going men, stems partly from the bad language we use to talk about food.

"Labels such as 'clean' and 'dirty' automatically make people judge

individual foods outside of the context of the rest of their diet. If your diet is rigid and inflexible, with a very strict 'avoid' list of foods, and a very narrow 'approved' list, you could be missing

out on good nutrition from the foods you mistakenly feel are bad." Single ingredients aren't in themselves good or bad, he says. The way they fit into your diet is what counts. "There is such a thing as a dirty diet, but individual foods being dirty? No, because you can't look at anything in isolation from the wider context." Not even a Twix.

To the orthorexic mind, the notions of 'healthy food' and 'healthy diet' have become conflated. Dangerously so. Everyone knows that kale, for example, is good for you, but try to survive on a kale-only diet and you'll live a miserable, emaciated (and short) existence. The key to health and happiness does not lie in the leaves of a cruciferous vegetable. This, on a wider scale, is where the obsession with healthy food – rather than a healthy diet – becomes physically destructive. As the list of foods you *can* eat gets shorter, as your diet becomes more restricted and your rules more devoutly observed,

The Self-Flagellator

Jamie Millar, 31, MH writer

It was in the second year of university, when I moved out of catered college accommodation and into a rented house, that I first became entirely responsible for feeding myself. I had full control over my diet; I could make it 'optimal'. So I started getting anal with portion control, counting calories and weighing out carbs. I lost body fat; I also lost muscle mass and power on the football pitch. There's a photo of me on Facebook in fancy dress as Bruce Lee and you can count my ribs. Eventually I regained some weight, but only because I was feeling unhappy with

my body. It took my first serious relationship, with my now-wife, to make me realise that eating a can of tuna with sweetcorn for dinner is not healthy, whatever its macros.

Even now, I tend to mentally lump days into 'good' and 'bad'. If a lapse of willpower turns the former into the latter, all bets are off until tomorrow, when I'll wake up feeling guilty – and probably early, so I can train it off. But with my wife's help, I've become more relaxed. I'm happier in myself. And I've at least learned not to ask how many grams of rice she's cooked.

you miss out on essential nutrients your body requires in order to achieve balance.

It's something psychologist Jade sees all too often in her clinics. "When I work with people who have orthorexia," she says, "part of my job is to try and get them to start eating some of the foods that they forbid themselves, and the terror is just enormous." Don't believe her? Try telling a long-time paleo devotee they need to eat a lasagne for their own good. "But they need to do so because some of them are deeply malnourished. They're restricting their diets, they're not getting enough nutrients, their body is under stress, and that, clearly, is not healthy."

MAKE A CLEAN BREAK

At the root of the problem is the constant message that it's our unhealthy food choices that are killing us. Obesity is on the rise, as are diabetes and heart disease, all of which have their roots in our diets. Everyone from the NHS to nutritionists insists that in order to protect ourselves we need to think more carefully about our food choices. After all, goji berries may be expensive, but the cost is negligible

compared to the £16bn that obesity and diabetes are jointly estimated to cost the NHS each year.

In this context, it's not surprising that orthorexia is growing at such a pace. Isn't it only natural – inevitable, even – that people will begin to obsess over what goes into their shopping baskets? "We, as a society, have lost our balance," says Jade. "Orthorexia has become normalised. The message that permeates is that if you're eating 'normally', then you're not taking proper care of yourself. People wear their 'clean' eating habits like a badge of pride. And anxious people who

MANY ORTHOREXICS FAIL TO RECOGNISE THEIR SYMPTOMS AND EVEN FEWER SEEK PROFESSIONAL HELP. OPEN UP – DON'T KEEP YOUR FEARS LOCKED OUT OF SIGHT

don't feel in control, who swallow it whole, so to speak, become orthorexic by stealth." Anxious people with a #fitspo-dominated timeline like mine.

For months, I obsessed over the minutest details of my food plan. After that, I couldn't just go back to 'normal'. Not only did I not want to – I'd worked too hard for my newly



The Paleo Dieter

Adib Bamieh, 34, director of Pure Taste restaurant

I went paleo five years ago. I'd been sleeping poorly and feeling uncomfortable and just assumed it was normal. I quit sugar, gluten and dairy and noticed the change fast. I started to push myself harder with training too. I was netting minus 500 calories a day with exercise compared to how much I ate. It all got out of hand.

I was working in the City. There's was a drinking culture, so I used to lie and say I was on medication so couldn't have any alcohol. At business conferences that served food, I'd bring my own or just not eat. I was obsessed.

Today I still eat paleo – I run a paleo restaurant – but I'm less strict. I went to Milan recently and had pizza. Because as long as you're not slamming your body with toxins, it'll cope. You just need get it right 80% of the time.

carved-out abs – but I'd forgotten what normal was. This is typical of people who micromanage their nutrition, says Aragon. "Once you've been lean, and you know what was necessary to achieve that, it can be very difficult to think of doing anything else," he says.

In other words, I had overhauled my unhealthy habits, but replaced them with a set of psychologically and potentially physically damaging new ones. I knew that my relationship with food wasn't healthy. That it was disordered. But still, if I 'slipped up' by having a couple of pints with my friends, or 'cheated' by ordering dessert, I was racked with guilt.

The thing is, I still want to be healthy. I don't just want to stuff my face with all the buttery, sugary cakes that come my way. I was only just getting to know my abs – it seems a shame to wave them goodbye, with a family-size bag of crisps in hand. So how can I commit to a wholesome diet without compounding my unhealthy obsessions? I ask Aragon for his advice. "Don't try to micromanage it," he tells me. "You can never track everything down to the most minute detail, and by trying to do so, you lose the big picture. You can't see the forest for the trees. Try to eat predominantly whole and unprocessed food, but build in a margin of flexibility. Realise that if 10, or even 20% of your diet comes from junk, you can still live a long and healthy life".

The challenge now is to learn to enjoy food for what it is, rather than solely the macronutrients it provides. And not to set rules, but create guidelines. "Getting into a routine is fine," says Aragon. "Just get into a routine that you like."

So I've developed a new routine. It involves eating an apple in the afternoon, despite its high sugar content. Drinking a pint, or four, on a Friday night. Saturday too, maybe. And only posting pictures of food on social media that tastes as good as it looks. Because that's healthy for me. And that is the kind of behaviour I'm looking forward to obsessing over. ■

Revenge

You've been wronged, and the only way to right it is to make'em pay. Before you take that tooth or eye you're owed, understand what's pulling your strings – and when you should pull back

"BUT IT'S JUST A SMALL LEAK," I

said. "A few coats of paint will keep any water stains concealed for months."

The agent shook her head.

"Selling your house with a known but undisclosed defect is against Minnesota state law. Plus, it's a rotten thing to do."

Rather than give in to my worst instincts and risk a lawsuit, I sucked it up and paid USD4,000 for a new roof. Ironically, the roof looked so good it started a bidding war that ultimately recouped much more than it cost. Lesson learned, sort of.

From the ethically high-minded Midwest, my family then moved east to a new state where we found a home similar to the one we'd just sold. The owners' disclosure statement claimed no known "material defects." Still, the seller's agent recommended a home inspector buddy just to make sure. I naively figured the agent was doing us a favour.

The following week, I met the inspector at the house. He was a beefy ex-contractor in his mid-30s with a sheaf of credentials. He assured me that nothing would escape his nationally certified eye. I asked him to pay special attention to the roof. Not to worry, he said, handing me a contract and a bill for services. I forked over USD400, and two weeks later a thick dossier arrived in the mail detailing every nook and cranny of the new house.

The upshot was that, structurally, everything looked good. The roof wasn't perfect, he conceded, but it had at least 10 years before any significant repairs would be necessary. He also red-flagged a few cosmetic problems but all in all nothing major.

"YOU GOTTA GET IT FIXED," THE REAL ESTATE AGENT TOLD ME

So we bought the place. A week after we moved in, it rained hard and water soon started dripping through the dining room ceiling. By nightfall, old water stains emerged like an angry rash through the fresh paint the previous owner had slapped on. Incensed, I called the inspector, demanding he make things right. Whether he was in cahoots with the seller, I couldn't tell. But there was no question that he was legally obligated to represent our interests. His "inspection" of the roof wasn't just negligence – it was fraud.

Instead of denying it, he just chuckled. "Read the contract," he said. "I don't owe you shit."

I slammed down the phone. What little of our remaining life savings that had eluded the swindler's pocket now had to go for a roof to make the place habitable. I didn't want to buy another roof. I wanted to buy a flamethrower.

"ANY MAN I SEE OUT THERE, I'M gonna kill him. Any sumbitch takes a shot at me, I'm not only going to kill him but I'm going to kill his wife, all his friends and burn his damn house

down."

As much as these incendiary words have stoked my blood over the years, I can't take credit for them. Nor can the ageing outlaw, William Munny, who supposedly first uttered them back in 1881 in the frontier town of Big Whiskey, Wyoming.

Like so many of our culture's most stirring declarations of revenge, the quote is born of art, not history. Film buffs know Munny as the fictional antihero played by Clint Eastwood in his Oscar-winning Western, *Unforgiven*. Similar protagonists are, of course, legion in the world of drama. From Shakespeare's Hamlet to Tarantino's unchained Django, the quest by righteous men to exact revenge is one of literature's most enduring, and bankable, archetypes.

In real life, schoolyard bullies, girlfriend poachers, scam artists, abusive bosses, scheming slanderers, and a panoply of other backstabbing bastards lie in wait for us all, determined to improve their position at our expense. And when we fall prey to their selfish machinations, who among us hasn't prayed for Liam

▶ When a man is victimised, his fury can overshadow everything else. Learn how to ground yourself



How to Master the Mea Culpa

Screwed someone over? Ruin his taste for revenge by delivering a hatchet-burying apology. Evolutionary psychologist Dr Michael McCullough offers a few pointers



► Clear Your Calendar

When you're ready to convey your contrition, ask to meet at a place and time convenient for him. By showing respect, you help restore his sense of dignity, says McCullough.



► Say What He's Thinking

At the start of the conversation, admit that you know you were a jerk (or worse) and that you'd be pissed off too, says McCullough. No "buts" or other outs allowed.



► Plead 100% Guilty

Even if there is blame to go around, you can't assign it and apologise at the same time. Make it clear that what happened was in no way his fault, advises McCullough.



► Mend Those Fences

Acknowledge that you've lost his trust and want to earn it back, says McCullough. First step: offer to make him whole financially if money or property was involved. —J.T.

ACTUALLY, THERE'S NO "ALMOST"

about it. A pioneering study published in the journal *Science* in 2004 was among the first to show that the drive to seek out vengeance resides in a specific part of the human brain.

Researchers at the University of Zurich had unsuspecting guys play an economic "game" in the laboratory, all the while monitoring their brains via positron emission tomography (PET) scans. As long as the players cooperated and pooled their resources, each was rewarded with a steadily accumulating pile of cash. What the volunteers didn't know, however, was that the game was rigged.

Although there were multiple rounds of win-win play, in some rounds, a confederate working in cahoots with the researchers betrayed the trust of his partner, enriching himself at the expense of the group. Predictably, this provoked a strong desire for retaliation by the cooperative players, who suddenly realised that the jerk had played them all for suckers.

The researchers then offered each good guy a chance for payback, explaining he could "punish" the cheater. The PET scans of players with a strong desire to punish displayed an intense surge of activity in an evolutionarily older brain area known as the dorsal striatum. Research has linked the dorsal striatum to reward processing and has also shown that it can be activated by drugs. No wonder the anticipation of revenge seems so sweet and seductive: our brain circuitry is designed to find it so.

But how far will we go for this neurochemical hit? In an ingenious twist, the researchers gave the volunteers an opportunity to take revenge, but they would have to pay a price for the pleasure of meting out justice. Each slighted guy could pony up his own money in order to see the cheaters suffer. Despite the cost to themselves, the participants' striata still lit up. Now, however, activity surged in a second brain region as well: the medial prefrontal cortex, or MPFC. This part of the brain is a much newer evolution – one associated with the cognitive evaluation of costs and

benefits.

The ancient striatum seems to drive our passion for revenge, while the more recent MPFC raises intellectual doubts about whether it's worth the effort. As helpful as this check-and-balance system can be in guiding the right decision, the two brain regions don't carry equal weight. The researchers found that in the men with high levels of dorsal striatum activation, the appetite for retribution was stronger, overriding the counsel of the rational MPFC.

NEUROSCIENTISTS AREN'T THE

only ones whose investigations into the science of revenge have begun encroaching upon, and fundamentally revising, a field long ceded to theologians and moral philosophers. In fact, over the past two decades, researchers in disciplines as disparate as evolutionary biology, criminal justice, social psychology, and even game theory have started to converge on a surprisingly coherent picture of the role revenge plays in our lives.

"To outside observers, revenge today often looks pointlessly destructive," acknowledges psychologist Dr Michael McCullough, the director of the Evolution and Human Behavior Laboratory at the University of Miami. "But the desire to seek revenge is as natural to human beings as grief, happiness, fear, and hunger. The instinct for it has been crafted by natural selection because of the critical problems it solved as our species was evolving."

For our hominid ancestors, these solutions included direct deterrence (if someone harms you or a loved one, retaliation reduces the chance they'll do it a second a time); establishing and honing a vengeful rep (those famous for unflinching payback project a clear "Don't tread on me" message that discourages bad actors from even a first offense); and the "moralistic enforcement" of norm violators (punishing cheaters, freeloaders, and other deadbeats makes them pay a price for their selfishness and ideally teaches them to become team players).

Humans are not alone in benefiting from revenge's social solutions.

"When you scratch off the veneer of religion and philosophy," says McCullough, "we're finding that revenge works pretty much the same way in many group-living animals, from chimpanzees and crows to wolves and dolphins." For these other highly social species, too, revenge is a necessary tool, one that serves the group by protecting individuals from victimisation.

But even the most adaptive of tools can sometimes outlive its usefulness when job requirements change. Unlike wild animals whose group dynamics, preferred habitats, and means of livelihood have evolved little over the millennia, we live under circumstances today that would be unfathomable to our ancestors in the Pleistocene Epoch.

"When 'legitimate' citizens – that is, noncriminals – are wronged in modern societies, there's no need for them to take the law into their own hands," says Dr Volkan Topalli, a professor of criminal justice and criminology at Georgia State University. "Instead, they have an interconnected network of formal remedies available to them."

Ideally, at least, the cops will deal with the bad guy for us, and a judge will assess any civil or criminal penalties he deserves. In best-case scenarios, this allows us to see the offender punished at zero personal risk.

We are, however, deprived of one thing that annoyed Pleistocene folks enjoyed and that many of us still crave: the visceral pleasure of doling out vengeance directly. Perhaps it's no surprise that not everyone resists this primal call for blood. Some, in fact, will opt for the most extreme form of score settling: researchers estimate that 10 to 20% of all homicides worldwide are motivated by revenge.

THE MORE I RUMINATED ABOUT

how I had been ripped off by a "certified" professional, the worse I felt – filled with bottomless rage and somehow emasculated too. I tried telling myself that karma would get him in the end. I tried blowing off steam at the gym. Neither strategy worked. So I did what men are

supposed to do in civilised society: I called a lawyer.

After reviewing the contract, he pointed out some fine print that absolved the inspector from any negligence claims. "You can sue him," the lawyer said, "but the contract is clear. You won't get a dime."

At this, the veins in my temples must have begun twitching like worms on a hot sidewalk. Noting my reaction, the lawyer said, "Look, it doesn't make sense for you to pay my hourly rate, but I know one guy who might take your case on a contingency basis. You only pay him if he gets you some money."

That afternoon, I reached out to this other lawyer – call him Spike – and explained my predicament. "*Thate* cockroaches," Spike said. I knew I'd found a champion.

At the hearing a month later, the home inspector showed up with his own lawyer, both of them smirking. The inspector's lawyer argued that the contract was clear; under no circumstances was his client obligated to pay for any mistakes he may or may not have made. Spike countered that mistakes are different from intentional fraud. Amazingly enough, the judge agreed with Spike and ruled in our favour. He ordered the inspector to return my USD400 plus half the cost of a new roof.

I feared my jaw might break from beaming. In the short-lived ecstasy that followed, I ventured a quick look in the direction of my nemesis. As the oft-quoted saying goes, "It's not enough that I succeed – others must fail." Alas, all hope that the villain's misery might further stoke my joy evaporated the second I saw his face. His insufferable smirk hadn't disappeared but rather just seemed smirkier than ever.

"Maybe you 'won,'" his lawyer said, adding air quotes for emphasis, "but you'll never collect. My client's 'judgment-proof.'" I didn't know the phrase but instinctively found it loathsome. Spike described the tricks some scammers use to shield their assets. The inspector overheard and openly chortled. The urge to grab his throat was nearly overwhelming.

Spike put his hand on my shoulder.

"Don't worry," he said. "I haven't given up."

Three months later and with no further word from Spike, I figured he finally had. The fraudster's smirk continued to chase away my sleep and fuel fantasies of less civilised payback.

MAKING THINGS EVEN WORSE

was my sense that my nemesis was no longer thinking about me at all. The fiscal harm he'd caused was compounded by images of him skipping merrily through life while I remained obsessively waylaid in anger and bitterness.

Transgressors and victims tend to have wholly different interpretations of the amount of damage an injurious act causes. Their "no big deal" can be very big indeed for the wounded party. In a study published in *Basic and Applied Social Psychology*, participants were asked to describe times when they'd been victims and victimisers. "When we harm someone else, we tend to downplay it and distance ourselves from the seriousness of our transgression," says study author Dr Arlene Stillwell. "On the other hand, when we're harmed in the very same way, we see ourselves as victims of a grave injustice."

This "magnitude gap" in perception, she argues, makes it very difficult to hit the retaliatory sweet spot wherein both avenger and transgressor agree the punishment fits the crime. "In light of these findings," says Stillwell, chair of the psychology department at SUNY Potsdam, "it's understandable why vendettas take place. Both sides come to see themselves as victims, and each seeks an equitable solution. But what one believes to be fair, the other sees as excessive. The result can be an escalating cycle of revenge."

As my dorsal striatum tantalised with delicious images of me hurling cinder blocks through my enemy's living room window or turning my new flamethrower on his car, my MPFC questioned whether this would trigger him to retaliate in an even more violent way, putting not just me but my wife and young sons in harm's way.

Certainly, resisting the urge to pull a William Munny was the sane course of



CALL OFF THE WOLVES

You are the master of your emotions. Keep a leash on revenge, and then try your best to forgive the bastard

action. For a guy like me, it's hard to see vigilantism as anything but lunatic – I may not have had much, but I still had too much to lose.

So why did heeding my MPFC leave me feeling so crazed?

Indeed, an influential 1948 report in the *American Journal of Psychoanalysis* was among the first to identify unfulfilled thirst for vengeance as a particularly potent trigger for mental disorders and aggressive outbursts.

"The author argued that this takes over the weak-minded and wreaks

havoc on their psyches," explains McCullough. If not acted upon, it could consume a whole lifetime, leaving you literally sick with bottled-up misery.

THE PSYCHOLOGICAL TURMOIL

experienced by myself and others who are equally "weak-minded" would seem to argue for the need to deliver some kind of retributive strike, though not illegal in nature. And of course, of all the pithy platitudes revenge has inspired, none is spouted more frequently than this: revenge is sweet. But is it really?

In a much cited 2008 study in the *Journal of Personality and Social Psychology*, researchers from Colgate, Harvard, and the University of Virginia found evidence that revenge may look sweet only in anticipation – that it's rarely so delectable in execution. "It's actually fairly common to mispredict the intensity of our future emotions," explains Dr Timothy Wilson, a professor of psychology at UVA. "But revenge is unusual in that we actually get it backward: people given the chance for payback think it will make them feel good, but most

“If forgiveness is therapeutic, why is it so difficult?”

actually feel bad afterward.”

Using a variation on the economic game the researchers in Switzerland had employed, Wilson and his colleagues randomly assigned volunteers to two groups and then arranged for them each to be “stabbed in the back” by a confederate. Those in the “no punish” group were thanked for their service and asked to rate their mood. Those in the “punish” group were asked to predict how good they thought their revenge would feel; then, after they carried it out, they were reinterviewed about the reality.

“In our study,” says Wilson, “we couldn’t find evidence that there was any enjoyment of it. In the group that was able to punish, almost everyone’s mood and emotions actually declined afterward.” The “no punish” group, by contrast, showed no such mood dips.

The researchers found that revenge stokes rather than quenches a person’s sense of victimisation. “Those given the chance to act revengeful,” says Wilson, “tended to keep ruminating about what a jerk the guy was. But those who had no chance to respond found other ways to minimize it and move on.” As Sir Francis Bacon noted more than three centuries earlier, “A man that studieth revenge keeps his own wounds green, which otherwise would heal, and do well.”

To researcher Dr Mario Gollwitzer, a professor of social psychology at Philipps University of Marburg, Germany, it’s not surprising that revenge so rarely feels the way we think it will. His proposed “understanding hypothesis” suggests that revenge has a more complex, functional purpose beyond the mere equalisation of suffering. It is, in fact, less concerned with punishing past sins than it is with effecting positive changes in a

transgressor’s future behaviour toward those he’s wronged. In a series of studies from 2009 through 2015, Gollwitzer and his colleagues have shown that three ingredients are needed to make revenge “work.”

“When the timing is right, the level of retaliation matches the level of the initial provocation, and the harmdoer ‘learns’ that his behavior was wrong,” says Gollwitzer. “Only then do avengers feel satisfied and triumphant about their retaliation.”

McCullough agrees, adding that true remorse sets the stage for the next step in repairing a damaged social relationship. “What the human mind really hopes to get from punishment is a positive change in the offender’s behaviour toward the victim,” he says. Once this happens, he maintains, a second adaptive instinct can kick in: forgiveness.

LAWYER SPIKE CALLED THE morning of Christmas Eve.

“I got him,” he said. “I got the cockroach.”

Spike explained that he’d mailed a copy of the judge’s ruling to every bank in the state. “I figured he had to have a concealed account *somewhere* to process checks and pay his secretary,” Spike said. “And I was right.”

In an obscure little bank deep in a rural part of the state, the fraudster had just enough money squirreled away to satisfy the judgment plus Spike’s well-earned contingency fee.

“Merry Christmas!” he said.

It had been months since I’d last seen Spike. But in my mind’s eye he now looked like a dead ringer for Clint Eastwood in ramrod chaps. I thanked him, hung up, and sped to the mall. What had looked to be our most Dickensian Christmas ever was now,

thanks to revenge by proxy, the stuff of a Hallmark TV special. I splurged on presents for my wife and young sons, two and six. As for me, no presents necessary: I’d just received the best gift of all – the image of a bastard’s smirk turning upside down.

At 9 that night, with the kids finally in bed and gifts wrapped beneath the tree, the phone rang again. My heart sank—I was certain Spike was calling to report that some new legal technicality had arisen. But it wasn’t Spike, just an enraged stranger screaming death threats at me. “Who is this?” I asked between his obscenities and invective. “I think you’ve got the wrong number.”

He didn’t. It was the home inspector, who’d moments earlier discovered his bank account drained and hit with bounced-check fees.

“How could you do this, you bastard?” he shrieked. I reached over and switched on the digital recorder I use to tape interviews for my job.

“I’m legally required to inform you,” I said, trying to keep my voice calm, “that I’m taping this conversation.” Then, with heart pounding, I awaited his next threat.

THE BURGEONING “POSITIVE psychology” trend of the late 1990s saw researchers beginning to

document how beneficial forgiveness can prove to victims of injustice, allowing them to escape the anger, depression, and anxiety that so often accompany persistent grudges and unrequited revenge. This association, in turn, helped spawn a new form of counselling: “forgiveness therapy” – the focus of McCullough’s own early research efforts.

“I was trying to understand what helps people forgive,” he says today. “I thought this would be a cool thing to know how to do, something that could maybe even make the world a better place. Many researchers in counselling psychology and social work were trying to figure out how to make forgiveness happen.”

But by 2000, McCullough began to have doubts about the now deeply entrenched “medical model.” If forgiveness is so therapeutic, he wondered, why is it so difficult for so many wronged people to manage? What if forgiveness is not a cure but rather another adaptive trait, one that natural selection has favored because of the social problems it can help solve?

In his book *Beyond Revenge: The Evolution of the Forgiveness Instinct*, McCullough describes how research by primatologists, anthropologists, and evolutionary biologists began to dovetail on a central conclusion: just as with the revenge instinct, a forgiveness instinct is not only universal in human groups but also widespread throughout the animal kingdom.

Primatologist Frans de Waal published data indicating that among chimps and other great apes, for instance, friendly behaviour, such as kissing, touching, and embracing,

Retreat from Retribution

Maybe some jerk cut you off on the highway or a colleague cut you out of a plum project. Whatever you’ve suffered, use these tools to help yourself walk (or drive) away from revenge



► Fill Up Your Think Tank

Your brain is 2% of your body weight but uses about 20% of your daily calories. The MPFC (medial prefrontal cortex), which governs emotion, is especially voracious, says Dr Brad Bushman, a professor of psychology at Ohio State. If the idea of revenge starts to feel irresistible, gulp 120ml of fruit juice to send a surge of glucose to your MPFC.

is actually more common after aggressive conflicts than in times when everything is copacetic. The same kind of rift mending occurs in goats, sheep, dolphins, and hyenas. "Of all the half dozen or so nonprimate species studied so far," says McCullough, "the only one lacking a conciliatory tendency is the domestic cat, something that will probably come as no surprise to cat owners."

The instinct for forgiveness, however, is hardly indiscriminate. As De Waal's "valuable relationship" hypothesis has shown, wronged individuals don't treat all transgressors equally. After all, it makes no sense to squander energy trying to reform a recidivist villain who either won't improve his treatment of you or has nothing to offer you even if he does. Better to just avoid future contact with him altogether.

But what about an offender who can be taught the error of his ways and who, moreover, has plenty to offer if you can recalibrate his opinion? Within our ancestral groups, a self-centred bully, for instance, might also be a skilled hunter. If you could change his estimation of you, in the process converting him to an ally, the upside potential far outweighs the benefits of killing or maiming him.

It is not an easy trick to pull off. You must earn the offender's respect through displays of anger and a believable willingness to retaliate, convince him there's more upside to having you as a friend than an enemy, and be willing to forgive and forget – if and only if he shows genuine remorse and desire to mend the rift. All the while, you must be keenly aware of signs he's playing you for a sucker.

ONE OF THE INADVERTENT

drawbacks to many modern justice systems is that they remove the opportunity for direct interpersonal resolution of harms. Even the most sincerely contrite transgressors, for example, are loath to apologise, fearing this will only open them up to greater liability.

When the state does assess civil and criminal penalties on a victim's behalf, it can satisfy some of our desire to see a bad guy punished. But it does little to give us what we've evolved to want most: the kind of resolution that comes only when our transgressors demonstrate true understanding of and contrition for what they have done to us.

This need to make victims truly whole, says McCullough, is one reason the "restorative justice movement" is fast catching on in the United States, Canada, the UK, and New Zealand. As an adjunct to, not a replacement for, standard criminal justice systems, it's helping many victims accomplish what forgiveness therapy could not bring them: a way to move past their hurt and unresolved anger.

"Restorative justice," says McCullough, "provides a venue where a willing victim can meet face-to-face with a willing offender who wants to offer an apology." The human mind is well-tuned to cues of sincere contrition and self-serving falsehood. But when it detects the former, the impact can be transformative.

"It's what we seem to need," McCullough says, "for true forgiveness and reconciliation to occur."

FOR NEARLY A MINUTE, I COULD hear nothing but silence on the phone line.

I wondered if the inspector had gently hung up and was now driving over with a baseball bat. What happened next was the last thing I expected.

"It's Christmas, man," he said, his defeated voice breaking the silence. "I got little kids, and now I can't give them nothing. I can't even pay for heat."

In this pathetic moment, I saw this guy for what he was – not a supervillain, just another garden-variety schmuck of the sort found in every corner of the earth. Schmuckier than me, at least by my estimation, but I could no longer maintain any illusion that we were of separate species. I heard a stifled sob, and at that moment the joie de revenge I'd been trying to amplify all day turned sour in my throat. I didn't know what to say, and after five seconds of silence, I just hung up. As Christmas Eve ticked over to the wee hours of the morning, I couldn't sleep, partly because of feelings of guilt, but also due to a building sense of dread that there might be still more twists to come.

That afternoon, I turned over the recording to Spike, who contacted the inspector's lawyer, who must have talked some sense into his client. Any vestigial paranoia about his violent payback gradually faded over the next few months.

In the 19 years since all this transpired, I've neither seen nor heard another word from this man who both wronged me and felt wronged by me. On the rare occasions when I think about his fate, I wish him more good than sorrow. Who knows what, if anything, he might now wish for me? Both of us, I realise today, shared the same instinct for revenge. Perhaps the same holds for forgiveness too. ■

YOUR VENGEFUL BRAIN

In the milliseconds after you've been hurt by someone, a complex series of reactions begin inside your mind that will influence whether you opt for retaliation or restraint



01

Dorsal Striatum

When you're unjustly harmed by somebody, the prospect of payback activates this reward-processing region, making revenge seem sweet. It's the primal part of you that suggests coldcocking the creep.

02

Medial Prefrontal Cortex

The MPFC is your brain's cost-benefit analysis centre. When the payback has risks (your enemy is stronger than you, say, or the cops might arrest you), it helps you figure out if getting even is really worth it.

03

Fronto-Insular and Anterior Cingulate Cortices

These empathy areas light up whenever we see a good person unjustly punished. In men, but not women, these regions remain dark when we witness bad guys get what's due.

04

Nucleus Accumbens and Orbito-Frontal Cortex

When we see the guilty punished, these two reward-processing centres become activated – more so in men than in women. We actually enjoy the villain's suffering.



► Delay, Relax, Distract

Many guys try to dissipate anger through cathartic acts, like swearing. Save your breath. Bushman says indulging your aggression will fuel the vengeful fire inside. He suggests a three-pronged calming strategy: delay (count to 100), relax (take some deep breaths and meditate), and distract (work on a puzzle or read).



► Fight Mad with Glad

"It's impossible to experience incompatible emotions at the same time," says Bushman. Petting a dog, helping a friend with a task, kissing your wife – these are all antithetical to anger. "Research has shown since the late '70s that empathy, humour, and mild sexual arousal can all reduce anger," adds psychologist Dr Arlene Stillwell.



► Just Look at Yourself

Ask a stranger whether your rage is rational, and he'll likely say no. But playing the part of the stranger is even more powerful: be the fly on the wall, says Bushman, and see yourself through the eyes of an objective observer. This helps remove emotion from the equation and shows that revenge won't bring satisfaction. –J.T.

BE FASHIONABLY SPORTY

When sports meets style, you get the best of both worlds.
Find out how you can make the most out of it here





DRESS TO IMPRESS

Your workout ensemble need not be predictable. Comfortable and functional, technical fabric is ideal for both indoor and outdoor training, says fashion stylist Fabiana Vardaro. Create a drastic contrast of colour between your top and bottom to exude a bold, cool style.

UNIQLO jacket uniqlo.com/my;
ADIDAS shorts and shoes
shop.adidas.com.my

MAKE A DIFFERENCE

Bored of the cotton sweatshirt? Find one in the futuristic and athletic neoprene that injects a fashion boost to just about any outfit, says Vardaro. You can pair it with workout shorts or your favourite suit trousers.

ADIDAS sweater and shoes
shop.adidas.com.my;

ZARA MEN pants zara.com





WORK OUT IN COMFORTABLE STYLE

The right sportswear allows you to perform at your best, so be discerning and pick those that come with advanced technology like Nike's Dri-FIT, Under Armour's HeatGear and adidas' Climacool. And add a pop of colour to make your outfit more contemporary, says Vardaro.

NIKE T-shirt nike.com/my



BRING OUT THE SOFT STUFF

Instead of the usual T-shirt or shirt, wear a classic cashmere jumper with track pants if you're heading out for the night after your workout. "It shows that you care as much about fitness as you do about looking fashionable," Vardaro says.

ZARA MEN sweater and bag zara.com;
PUMA pants and shoes puma.com

YOU ARE STRONG!



LEND SOME ATTITUDE

Sweatpants have long been a workout wardrobe staple. Add a simple hoodie jacket and a pair of sneakers. "It's the simplest way to jazz things up," says Vardaro. "You can also do it with your shorts."

ADIDAS jacket and shoes
shop.adidas.com.my;

BEN SHERMAN shirt bensherman.com;

UNIQLO sweatpants uniqlo.com/my;
stylist's own wristband



TRANSFORM YOUR STYLE

Swap out a sport coat for a bomber jacket, compression pants for trousers, and runners for sports-inspired footwear. Finish off with a casual timepiece. Now you're good to take the trending active style to the street.

ADIDAS jacket shop.adidas.com.my;
BEN SHERMAN pants bensherman.com;
ZARA MEN shoes zara.com

CONQUER SPORTY AND CLASSY

Can you throw a blazer over your workout wear on the way to the gym? "Of course you can," Vardaro attests. To pull off the look, make sure to keep the colour tones as close as possible to avoid appearing dishevelled.

ZARA MEN jacket and shoes zara.com;
BEN SHERMAN T-shirt bensherman.com;
ADIDAS pants shop.adidas.com.my



GET SPORTY WITH IT

Here, our favourite modern sports watches for the active and dynamic men who are looking for a certain class



EDOX

Edox Chronorally

Stainless steel case with black dial and rubber with tyre print strap. Anti-reflective sapphire crystal. Ronda 5030.D movement. Water resistant to 100 metres.
crystaltime.com.sg RM4,028



ORIS

Williams Chronograph

Multi-piece stainless steel case with tachymeter scale top ring and anti-reflective sapphire crystal on the top glass. Automatic winding with red rotor. Water resistant to 100 metres. oris.ch RM11,400



TISSOT

Tissot Quickster

Stainless steel case with a black dial and silver bracelet.
Anti-reflective sapphire crystal. Quartz movement.
Water resistant to 100 metres. tissot.ch RM1,500



TAG HEUER
Carrera Calibre 16 Automatic
Chronograph Day-Date
Sandblasted black titanium
carbide coated titanium case
with ultra-resistant ceramic
on the bezel, unscratchable
sapphire on the caseback and
black alligator strap with red
stitching. In-house Calibre 1887
movement. Water resistant
to 100 metres. tagheuer.com
RM18,950

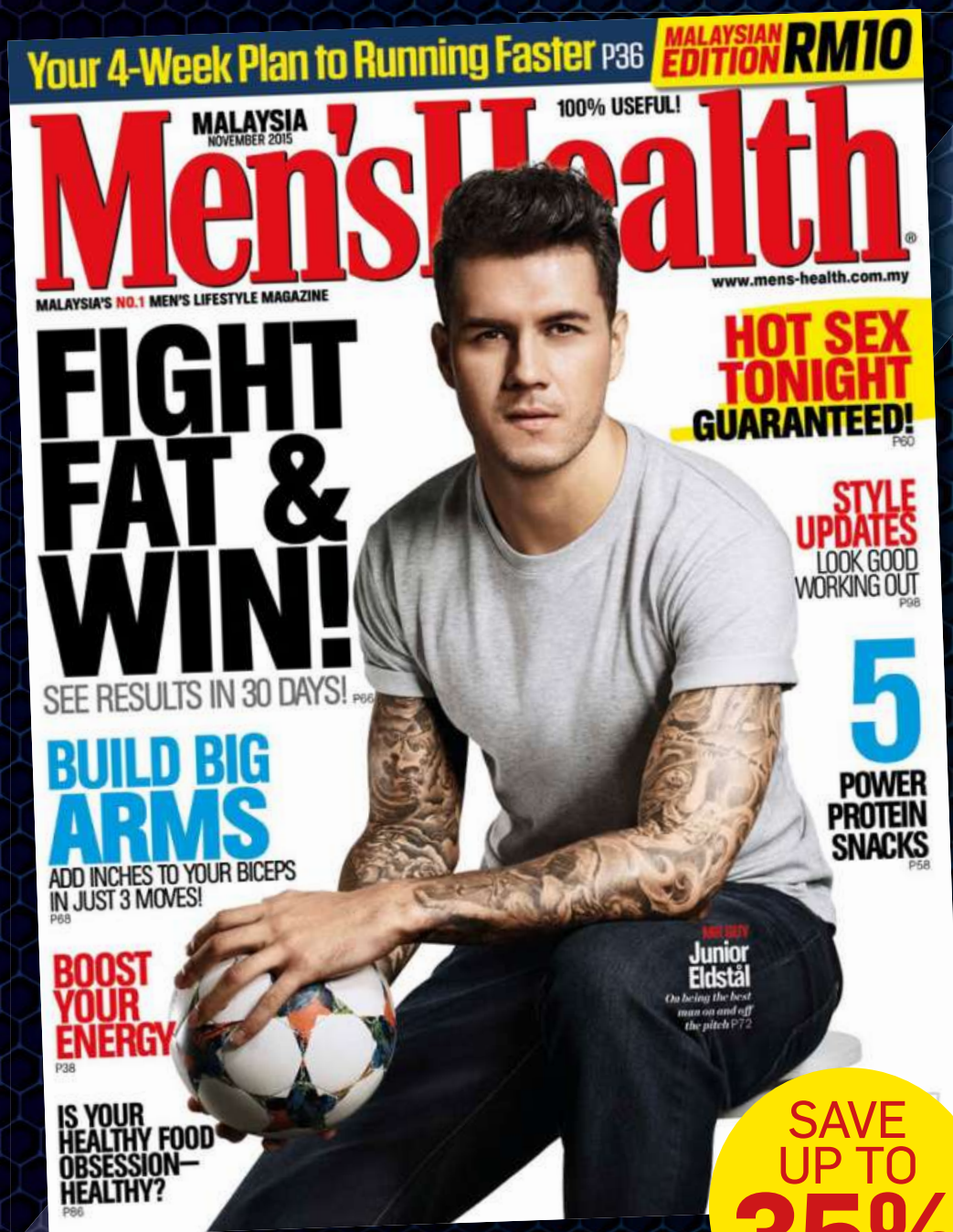


CERTINA

DS Action Chronograph

Brushed stainless steel with polished bezel and anti-reflective sapphire crystal on both faces. Superluminova on bezel, hour, minute and second hands, and indices. Quartz movement. Water resistant to 300 metres.
certina.com RM2,600

SUBSCRIBE TODAY!



SUBSCRIBE NOW!

☐ **1 YEAR**
RM96.00 (12 ISSUES) – SAVE 20%

☐ **2 YEARS**
RM156.00 (24 ISSUES) – SAVE 35%

WHY SUBSCRIBE?

- ✓ No hassle of non-availability.
- ✓ Free delivery.

NAME: _____

DESIGNATION: _____

COMPANY: _____

ADDRESS: ☐ HOME ☐ OFFICE

POSTCODE: _____

CITY: _____

STATE: _____

COUNTRY: _____

TEL NO: _____

FAX NO: _____

E-MAIL: _____

TO SUBSCRIBE:

- 1 Please issue cheque payable to:
Mongoose Publishing Sdn Bhd.
- 2 Please mail form and cheque to:
Mongoose Publishing Sdn Bhd, Level 36
Menara Ambank, 8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur.
- 3 Subscriptions or goods sold are non-
refundable from receipt of first edition.
- 4 Please contact our Circulation team
at +603 2166 6650, or
subscription@mongooseasia.com
for any enquiries or feedback.

Direct Selling license: AJL 931917

**Please allow 2 to 3 weeks
Cooling Off Period.**

SAVE
UP TO
35%

Pay by credit card and enjoy a hassle free experience at our Mongoose Store. Log on to:

eshop.mongooseasia.com

Men's Health

www.mens-health.com.my

mongoose

WIN A PHILIPS MULTIGROOM KIT QG3380 WORTH RM329!



Water-resistant and turbo-powered, Philips Multigroom Kit QG3380 is an eight-piece set with full metal trimmer, body shaver, body trimmer and adjustable combs with up to 18 length settings that allows you to easily style your face, hair and body.

The kit boasts a high performance trimmer for fast, easy styling of facial hair with 18 length settings, while the finely grounded chromium steel blades prevent skin irritation. It is able to comfortably shave, trim, and remove hair on any area, including hair from your ears and nose without pulling.

PRIZES:

15 winners will receive a Philips Multigroom QG3380 worth RM329 each.

QUESTIONS:

1. How many length settings does the Philips Multigroom Kit come with?
2. The Philips Multigroom Kit QG3380 is not water-resistant. True or False.
3. How many pieces are there in the kit?

CLOSING DATE: 30 NOVEMBER 2015



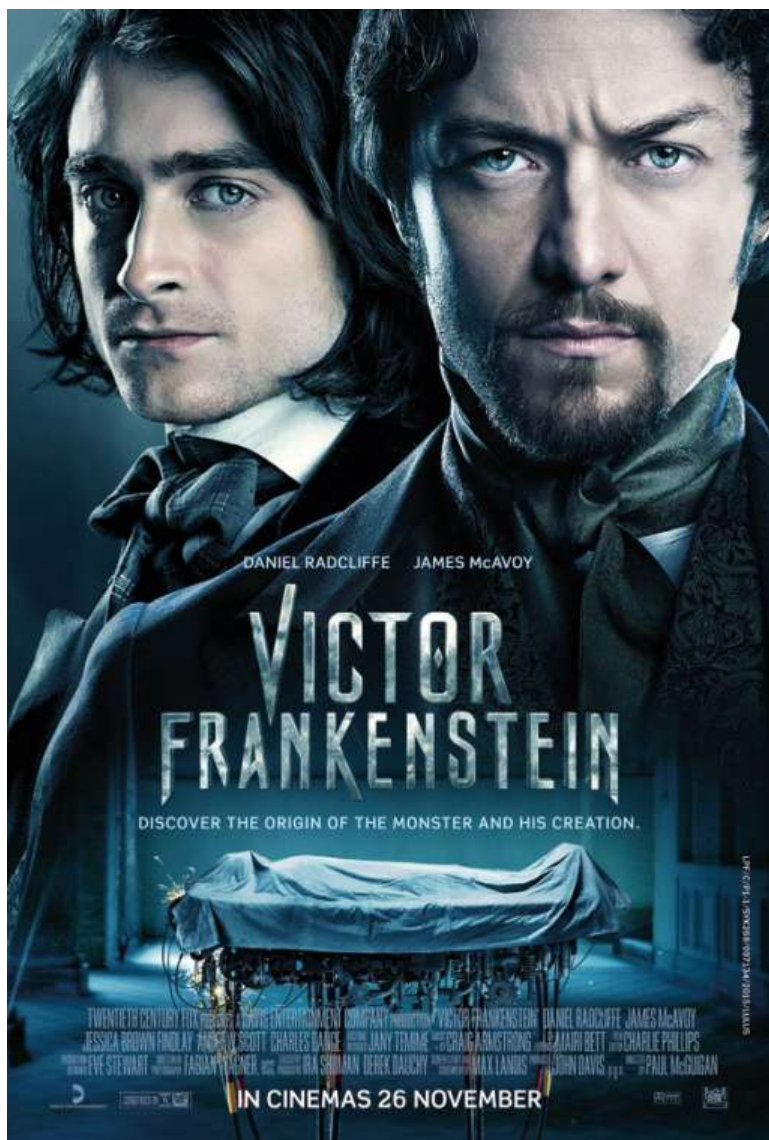
HOW TO WIN?

VISIT OUR WEBSITE, WWW.MENS-HEALTH.COM.MY, TO ENTER AND WIN A PHILIPS MULTIGROOM KIT QG3380 WORTH RM329!

PHILIPS

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be e
the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

WIN TICKETS TO AN EXCLUSIVE PREVIEW SCREENING OF VICTOR FRANKENSTEIN!



During a time when anything seems possible, when science, technology and religion are converging to re-write the rules that govern life and death, radical scientist Dr Victor Frankenstein and his protégé Igor Strausman share a vision that will change the world. But when Victor's plans spiral out of control with horrifying consequences, only Igor can save him from himself and his monstrous creation. Starring James McAvoy and Daniel Radcliffe, *Victor Frankenstein* is the thrilling untold story of the man behind the legendary monster.

PRIZES:

45 winners will receive a pair of preview screening passes each.

QUESTIONS:

1. Who is Dr Victor Frankenstein's protégé?
2. Name the two actors starring in *Victor Frankenstein*.
3. According to this month's Health Bulletin, what are the benefits of ear acupressure?

CLOSING DATE: 16 NOVEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, WWW.MENS-HEALTH.COM.MY, TO ENTER AND WIN A PAIR OF PREVIEW SCREENING PASSES TO *VICTOR FRANKENSTEIN*!



TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

WIN FABER-CASTELL PRODUCTS WORTH RM1,000!



ALBRECHT DÜRER ARTISTS'

WATERCOLOUR PENCILS put together the pros of classic watercolour paints and pencils or crayons. The stroke of a wet paint brush now allows the everyday man to turn a drawing or sketch into a water colour painting that retains its bright colours. Those very brush strokes also allows for the softening of harsh contours and lends a gentle watercolour effect to one's finished drawings. As you would expect, these artists' pencils provide some of the highest levels of lightfastness synonymous to the excellent quality all other Faber-Castell art supplies have come to be known with.

The Ondoro Precious Resin Fountain Pen

entices one to put thoughts and ideas onto paper. The barrel is made of a high polished resin (soft to the touch), framed by end pieces of chrome-plated metal, and matches up to the highest aesthetic demands. Ondoro's unusual hexagonal barrel is an expression of one's very own personality and appeals to lovers of superior writing culture, both male and female. The Ondoro personifies honesty and a frank nature, while sitting comfortably in one's hand.

About Faber-Castell

Since its inception in 1761, Faber-Castell has been a leading worldwide producer of high quality writing, drawing and colouring products. The company is the world's leading manufacturer of wood-cased pencils with a varied range of products for writing, drawing and creative design, as well as decorative cosmetics. Faber-Castell is renowned for and prides itself for its high quality, innovative products, commitment to tradition, and environmental awareness.

PRIZES:

3 winners will each win RM1,000 worth of Faber-Castell Products which includes the Albrecht Dürer Artists' Watercolour Pencils tin of 60 and a Ondoro Precious Resin fine writing instrument with leather accessories.

QUESTIONS:

1. When was Faber-Castell founded?
2. The Albrecht Dürer Artists' Watercolour Pencils are watersoluble. True/False
3. Name us your favourite colour and why.

CLOSING DATE: 30 NOVEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, WWW.MENS-HEALTH.COM.MY, TO ENTER
AND WIN **RM1,000 WORTH OF FABER-CASTELL PRODUCTS!**

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email


FABER-CASTELL
since 1761

Uncommon Wisdom

DATA BOMB

Outsmart Every Demon

WANT TO FREAK OUT YOUR FRIENDS? ASK THEM IF THEY EVER THINK ABOUT GOING BANKRUPT. IN A SURVEY OF Americans' fears, researchers at Chapman University in California found that men are most apprehensive or worried about the things they can't control – with going broke edging out an unexpected visit from the Reaper. Heights and animals also make the list, as do random evils such as terrorist attacks, says study author Dr Christopher Bader. Use this page to gauge how your own fears compare to what's haunting other men. Then find out what causes you to quake so you can overcome it. –K. ALEISHA FETTERS



TYPE OF FEAR

Primal Threats

In primitive times, an aversion to snakes and steep cliffs may have saved us from self-extinction, says sociologist Dr Margee Kerr, author of *Scream: Chilling Adventures in the Science of Fear*. Even the fear of public speaking is useful: no one wants to say something dumb and end up alienated. So caution is fine, but don't let it rule you. Maintain perspective by tracking experiences: write down how you feel before the daring deed and then afterward. Over time you'll see that you inevitably survive – and that what you once feared you've now conquered.

Loss of Control

Most men feel that their actions can dictate their destiny, Bader says. That's why the concept of an uncontrollable event – like a heart attack, a layoff, or a stock market crash – leaves them stressed and anxious, says New York City psychiatrist Dr Robert London. The 15-second fix: close your eyes, breathe slowly, and replay a great memory as if it's being projected on a movie screen in your mind, Dr London suggests. A 2014 *JAMA Internal Medicine* review found that meditation can work just as well as antidepressants to keep you calm.

Random Violence

Terrorist attacks and mass shootings unsettle us precisely because they're so random. This explains our strange fear of evil clowns and zombies – they're bogeymen built for chaos, Bader says. But random doesn't mean likely. You'll recognise that better by turning off the tube: men who were most fearful tended to watch dark shows like *The Walking Dead* or *True Detective*. Then exorcise your demons: a review of research from the University of Georgia found that physically active people reported up to 55% less anxiety than sedentary folks.

 **NUTRILITE®**

Exclusively from **Amway**



PINK & PURPLE FOODS

Supports **brain**
health and provides
antioxidant
protection.



WHITE FOODS

Supports maintenance
of healthy **bones**
metabolism.



RED FOODS

Supports **heart**,
prostate and
immune health.



ORANGE & YELLOW FOODS

Supports **vision**
health and maintains
skin hydration.



GREEN FOODS

Promotes healthy **cell**
growth and facilitates
interaction between cells.

THE POWER OF PHYTONUTRIENTS

ARE YOU EATING IN FULL COLOUR?



For more information, log on to www.amway.my
or call AMWAY Malaysia at +603-7946 2800



Harbour Bridge, Sydney, Australia

A mark of true design

Multifort Caliber 80 Chronometer

Automatic chronometer movement (officially certified by the COSC), up to 80 hours of power reserve, stainless steel case with PVD coating, sapphire crystal, screwed transparent caseback and crown, water-resistant up to a pressure of 10 bar (100 m / 330 ft).



MIDO®

SWISS WATCHES SINCE 1918

www.mido.ch

Mido Gurney Boutique: Lot No. 170-G-KA, Gurney Plaza, Gurney Drive, 10250 Penang, Malaysia
Tel: +604 2293 277 • Fax: +604 2293 221 • E-mail: mido.gurney@swatchgroup.com.my

Service Centre: The Swatch Group (M) Sdn. Bhd. (365612-U), Level 22, Wisma Goldhill, 67 Jalan Raja Chulan, 50200 Kuala Lumpur.
For inquiries: +603 2145 2266 • E-mail: mido@swatchgroup.com.my